

2017 Strong Families AZ Home Visiting Conference

Succeeding Through Partnership



September 6th & 7th

Pointe Hilton Tapatio Cliffs Hotel
Phoenix, Arizona



STRONG FAMILIES  AZ

Arizona's home visiting alliance



ARIZONA DEPARTMENT
OF HEALTH SERVICES

DOUGLAS A. DUCEY, GOVERNOR
CARA M. CHRIST, M.D., DIRECTOR

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Dear Home Visiting Professional,

Greetings from the Arizona Department of Health Services. It is my honor to welcome you to the 2017 Strong Families AZ Home Visiting Conference: Succeeding Through Partnership. The focus of the conference this year is the **critical nature of partnerships**. From the relationships that are built with families to the partnerships and collaboration developed with other service providers and among local implementing agencies and the state grantee. An established and quality relationship among all stakeholders supports the overall goal of supporting young families and giving children the best start in life.

You will have many opportunities throughout the conference to learn from and engage speakers and each other in exciting discussions about a variety of topics garnering attention in the home visiting field. We have the master story teller, Andy Goodman, to teach you how to tell the home visiting story in a way that is compelling and relatable. This year you will have the chance to engage with other home visitors in a World Café discussion group around home visiting. For those who want to really dive into a subject, we have our “Digging Deeper” sessions over a two-workshop period where you have the opportunity to really get an in-depth understanding of the subject.

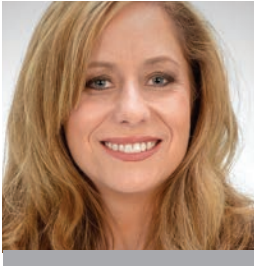
We want to thank our conference sponsors for supporting this conference. We also want to thank the state agencies and more than sixty organizations statewide that comprise the Strong Families AZ Interagency Leadership Team and the Strong Families AZ Home Visiting Alliance. Through partnership and collective action, these groups have built a network of quality services that changes the trajectory of children's lives every day.

Thank you for attending the conference and investing time in your professional growth. At the core of all the success, we celebrate the home visitors who work tirelessly to improve the lives of young families.

Sincerely,

Cara M. Christ, M.D., Director,
Arizona Department of Health Services

Welcome Speaker



Cara M. Christ
M.D., MS, DIRECTOR
*Arizona Department
of Health Services*

The Arizona Department of Health Services is responsible for leading Arizona's public health system including responding to disease outbreaks, licensing health and childcare facilities, operating the Arizona State Hospital, and improving the overall health and wellness of all Arizonans. Dr. Christ led Arizona's successful responses to the 2009 H1N1 Pandemic Influenza, 2014 West Africa Ebola Outbreak, 2015 Measles Outbreak, and is currently leading the state's Zika response. During these responses, Dr. Christ coordinated Arizona's surveillance, implemented public health interventions, recruited and supported hospitals for certification as "Infectious Disease Treatment Centers of Excellence," and coordinated communications. She oversaw the development and implementation of 20 articles of rules, allowing for integration of behavioral and physical health while streamlining and decreasing regulatory burden for Arizona's health care institutions.

Dr. Christ provides leadership, public health expertise, and written content for the Arizona State Health Improvement Plan, and one of her priorities is to improve population health by implementing strategies that address the leading public health priorities.

Before her appointment as Director in May 2015, Dr. Christ's roles with ADHS included working as an Infectious Disease Epidemiologist, State Tuberculosis Control Officer, Bureau Chief for the Bureau of Epidemiology and Disease Control, and leading the Division of Licensing Services. Most recently, Dr. Christ was Deputy Director for Public Health Services and the department's Chief Medical Officer. Dr. Christ earned a Bachelor and Master of Science in Microbiology from Arizona State University. She earned her Doctor of Medicine from the University of Arizona College of Medicine.



Keynote Speakers

Wednesday, September 6, 2017



Dr. Joshua Weiss

PH.D

Harvard Negotiation Project

Negotiating Your Way to Success with Your Home Visiting Clients

OPENING KEYNOTE PRESENTATION

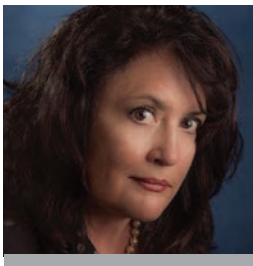
Dr. Joshua N. Weiss is the co-founder, with William Ury, of the Global Negotiation Initiative at Harvard University and a Senior Fellow at the Harvard Negotiation Project. He is also the Director and creator of the Master's of Science degree in Leadership and Negotiation at Bay Path University. He received his Ph.D. from the Institute for Conflict Analysis and Resolution at George Mason University in 2002.

Dr. Weiss has spoken and published on Negotiation, Mediation, and systemic approaches to dealing with conflict. In his current capacity he conducts research, consults with many different types of organizations, delivers negotiation and mediation trainings and courses, and engages in negotiation and mediation at the organizational, corporate, government, and international levels.

Dr. Weiss is the creator of a number of innovative products that use the power of present day technology to convey negotiation to a broad audience. In addition to teaching numerous synchronous and asynchronous

courses and trainings over the web he has developed two products of note. The first is the Negotiation Tip of the Week (NTOW) podcast. The second is the Negotiator In You Audiobook and eBook series. The NTOW was in the top 100 iTunes Business Podcasts from 2007 to 2010 and was downloaded over 2 million times during that period. The Negotiator In You series was published in January 2012 and was in the iTunes top audiobook category for two months. A new addition to the series, specifically for salespeople, was published in January of 2013.

Finally, Dr. Weiss has conducted trainings and consulted with a number of organizations, companies, and governmental entities, including: Microsoft, 5th 3rd Bank, Novellus, Christies Art Auction House, Prospectiv, CDM Smith, Houghton Mifflin Harcourt Publishing Company, Genzyme, the Yala Network, Shades Organization, United Nations (multiple departments), the US Government (State Department and Transportation Security Administration), various pharmaceutical companies, universities, and state governments.



Terie Dreussi-Smith

M.A. ED.

aha! Process, Inc.

Poverty, Health, and Wellness

LUNCHEON KEYNOTE PRESENTATION

Terie Dreussi-Smith, M.A. Ed., of Taylors, South Carolina, is an educator, trainer, consultant, and author who formerly worked as a public school teacher and adjunct faculty member for several colleges. In 1996 she was one of the first professionals to adapt Ruby Payne's A Framework for Understanding Poverty from K-12 education to community environments and social service settings. This helped Ms. Dreussi-Smith make the transition into her role as co-author of both Bridges Out of Poverty

(1999) and Bridges to Health and Healthcare (2014). She is a full-time consultant for aha! Process Inc., presenting and consulting up to 100 days a year. She has worked with every sector and in every type of community in her scope of practice.

The practical know-how and approach Ms. Dreussi-Smith brings to this work originates from decades of diverse front-line and middle management positions within behavioral

health, community college systems, and K–12 education. Her many years working in community youth development and alcohol- and drug-abuse prevention have given her a broader perspective and an inclination toward innovation. Her years as supervisor of Prevention Services offered problem-solving opportunities to engineer and design leading-edge initiatives promoting health and wellness in communities and institutions. Most of these operated within the public health model. She now leads the national Bridges Into Health and Healthcare Community of Practice.

Beginning in 2009, Ms. Dreussi-Smith was approached by multiple healthcare providers and public health professionals as she adapted Bridges Out of Poverty to more closely align with health and healthcare. These conversations transferred her focus for Bridges Out of Poverty toward its implications for health systems and medical practice. She

began presenting “Bridges Into Health” and worked closing with a number of healthcare providers and public health groups, which produced promising results using the Bridges lens. Today Ms. Dreussi-Smith continues her work in this area, as well as in developing new models for using Bridges Out of Poverty within every aspect and sector of the community. As a consultant, Ms. Dreussi-Smith's presentations for aha! Process include A Framework for Understanding Poverty, Bridges Out of Poverty Health, Bridges to Health and Healthcare, Getting Ahead in a Just-Gettin'-By World, Understanding and Engaging Under-Resourced College Students, and Hidden Rules of Class at Work.

She received a bachelor of arts in music at Kent State University, Kent, OH, and a master of arts in education, College of Mt. St. Joseph, Cincinnati, OH.



Joshua D. Sparrow
M.D.

Director, Brazelton Touchpoints Center

Building Families, Strengthening Communities

CLOSING KEYNOTE PRESENTATION

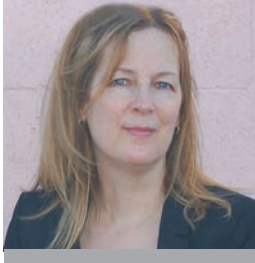
Joshua Sparrow, M.D., DFAACAP, is director of the Brazelton Touchpoints Center in the Division of Developmental Medicine at Boston Children's Hospital, where he also holds an appointment in the Department of Psychiatry. He is a co-principal investigator for the National Center on Parent, Family, and Community Engagement (Office of Head Start, Office of Child Care, ACF, HHS), and is part-time associate professor in psychiatry at Harvard Medical School. In 2010 he was appointed to the Health and Human Services Secretary's Head Start Research and Evaluation Committee. He serves on the American Pediatric Association's Child Poverty Task Force, and on the American Indian/Alaskan Native (AI/AN) Head Start Collaborative Advisory Council.

At the Brazelton Touchpoints Center, his work has focused on cultural adaptations of family

support programs, organizational professional development, cross-sector collaboration, and aligning systems of care with community strengths and priorities. For the past 15 years, he has been deeply involved in shared learning and problem-solving projects that he has termed “collaborative consultations,” for example with the Harlem Children's Zone and other place-based initiatives, and with American Indian/Alaskan Native Early Head Start/Head Start Programs, among many other organizations and communities around the country and internationally. He is also collaborating with the Center for the Study of Social Policy on an ambitious project to transform public and policymaker understanding of evidence, and to increase its relevance to the ever more complex challenges of raising children to their full potential across diverse contexts.

Keynote Speakers

Thursday, September 7, 2017



Amanda Owen
AUTHOR AND
LECTURER

Burnout! Help for Caregivers

OPENING KEYNOTE PRESENTATION

Amanda Owen is the author of *The Power of Receiving* and *Born to Receive*. Her work investigating and researching the benefits of receiving has earned her accolades from her peers and her seminars and workshops have helped thousands of people transform their lives. With a background in social work and a twenty-five year practice as a counselor, Amanda has been presenting lectures and workshops since the mid-nineties.

N.Y. Times best-selling author Christiane Northrup, M.D. calls Amanda's power-of-receiving philosophy "brilliant, elegant, profound, and enormously practical," Maria

Shriver calls her work "insightful," and Elaine Shamos, the Director of The Women's Health Resource Center at Dartmouth-Hitchcock Medical Center says "Amanda's presentation skills are outstanding and, most importantly, her message is life-changing."

In addition to her work as a writer and speaker, Amanda serves as Executive Director of the Justice Bell Foundation, a nonprofit that celebrates women's contributions, advocates for women's equality, and honors the Justice Bell and its historic role in the American struggle for women's suffrage.



Andy Goodman
DIRECTOR
The Goodman Center

Storytelling as Best Practice

LUNCHEON KEYNOTE PRESENTATION

Andy Goodman is co-founder and director of The Goodman Center, which teaches communications and marketing professionals how to reach more people with more impact. Along with *Storytelling as Best Practice*, he is author of *Why Bad Ads Happen to Good Causes* and *Why Bad Presentations Happen to Good Causes*. He also publishes a monthly journal, *free-range thinking*, to share best practices in the field of public interest communications.

Andy is internationally known for his speeches and workshops on storytelling and has led over 500 workshops for clients including CARE, The Nature Conservancy, NOAA, the

San Diego Zoo, MIT, Princeton, the Bill and Melinda Gates Foundation, the Robert Wood Johnson Foundation, GE, Bank of America, and many others.

He is currently developing curriculum for the College for Social Innovation and recently designed a course on storytelling and presenting skills for the African Leadership University. When not teaching, traveling, or recovering from teaching and traveling, Andy serves on the board of directors of Imagine LA, a nonprofit working to end family homelessness in Los Angeles. For more information about his work, please visit www.thegoodmancenter.com.

Digging Deeper Workshop Presenters

"Digging Deeper" workshops include a Part 1 and Part 2. These extended workshops are designed to give the participant a deeper understanding of the subject over two 90-minute workshop periods.



Dori DiPietro
LCSW

Mindfulness for Balance and Self-Care

Featured Speaker, Dori DiPietro, LCSW, Mesa Community College

Part 1: September 6, 10:15 AM | Ballroom F

Part 2: September 6, 1:45 PM | Ballroom F

Dori DiPietro LCSW, has over thirty years of experience as a social worker and is a psychotherapist in private practice specializing in mindfulness based stress reduction and holistic well-being. She is faculty at Mesa Community College, Director of the Social Work Program, and a prior faculty associate and field instructor at ASU School of Social Work.

As a longtime practitioner and teacher of yoga and meditation, Dori earned the

E-RYT500, through Yoga Alliance, designated as a continuing education provider (YACEP) and is on the Mindfulness Based Stress Management (MBSR) teacher certification pathway. She presents keynotes, workshops and trainings on mindfulness related topics as well as teaching and learning, health and wellness and offers employee assistance to organizations and conferences across the country. Teaching and serving those who teach, heal and serve others is her area of passion and expertise.



Rose Phillips
MA, LMFT

Reflective Practice — Difficult Conversations

Featured Speaker, Rose Phillips, MA, LMFT, Southwest Human Development

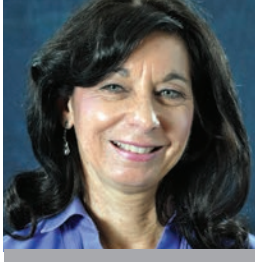
Part 1: September 6, 10:15 AM | Ballroom G

Part 2: September 6, 1:45 PM | Ballroom G

Rose is a Program Manager for Mental Health in the Services to Children with Disabilities Department at Southwest Human Development and also serves as faculty for the Harris Infant & Early Childhood Mental Health Training Institute. She has a Master's degree in Counseling and Psychology, a Bachelor's in Child Development and Teaching from Michigan State University, and is a licensed Marriage and Family Therapist. Rose graduated from the Harris Institute for Infant and Early Childhood Mental Health with a certificate in clinical infant/family practice in 2006. Rose began her counseling career at the Yavapai Family Advocacy Center working with children and families exposed to domestic

violence and other serious forms of abuse. For many years, she maintained a private practice addressing the needs of young children and their families and providing supervision to intern therapists. After coming to SWHD in 2009, she helped develop and manage Smart Support, Arizona's Early Childhood Mental Health Consultation Program. Today, Rose consults across a wide-variety of programs and provides trainings both statewide and nationally in the areas of reflective practice and reflective supervision, early childhood and infant mental health, mental health consultation, trauma, trauma-informed care, and attachment.

Digging Deeper Workshop Presenters



Sara Rumann
MA

Care Across the Lifespan, Part 1:

Understanding the Unique Needs of Women with Substance Use Disorders

*Featured Speakers, Sara Rumann, MA, Arizona Department of Health Services;
Lori Deutsch, MATFORCE*

Part 1: September 6, 10:15 AM | Ballroom H

Sara Rumann, MA, is the Health Start and Pregnancy Wellness Program Manager for the Bureau of Women's and Children's Health at the Arizona Department of Health Services. She is responsible for managing the statewide home visiting program, Health Start that focuses on improving birth outcomes across Arizona by identifying women early in their pregnancy and getting them into prenatal care to ensure healthy pregnancies and healthy families. Ms. Rumann was the Project Director for the Fetal Alcohol Spectrum Disorders Prevention Project funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) from 2008–2012. Ms. Rumann is the Co-Chair of the Arizona Statewide Task Force on Preventing Prenatal Exposure to Alcohol and Other Drugs.

Co-Presenter, Lori Deutsch, has worked with MATFORCE, the Yavapai County Substance Abuse Coalition since its inception in 2007. She currently works on MATFORCE Special Projects which include the Yavapai Prenatal Care Team composed of representatives from numerous local agencies.



Lori Deutsch

Care Across the Lifespan, Part 2:

Caring for the Substance Exposed Child and Family

Featured Speaker, Tracy Sloat, RN, MN, Maricopa County Department of Public Health

Part 2: September 6, 1:45 PM | Ballroom H



Tracy Sloat
RN, MN

Tracy Sloat, RN, MN is the Nurse Manager for the Office of Family Health at Maricopa County Department of Public Health. For the past 14 years Ms. Sloat has worked in various

public health nursing positions including: administrator, program supervisor, home visitor and child care nurse consultant.



Suzanne M. Schunk
LCSW

Skills and Resources for Home Visitors: How to Use the Information From Commonly Used Home Visiting Tools

Featured Speaker and Moderator, Suzanne M. Schunk, LCSW, Southwest Human Development

Part 1: September 6, 10:15 AM | Ballroom J

Part 2: September 6, 1:45 PM | Ballroom J

Suzanne M. Schunk, LCSW has been the Vice President of Family Support Services at Southwest Human Development since 2000. Her department includes the child abuse prevention program Healthy Families AZ, several child abuse intervention programs, kinship care and adoptions programs, and behavioral health support services. She is recognized as a strong leader in legislative advocacy on issues related to health and human services, especially child welfare, and is a respected and sought after professional trainer, as well as a court approved child welfare expert witness.

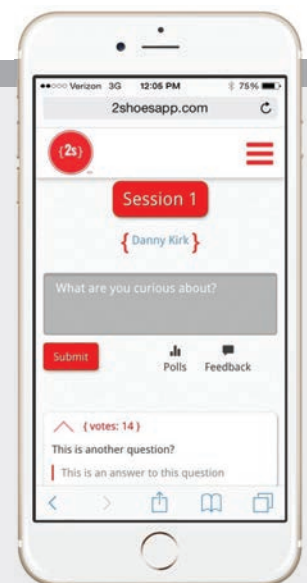
Previously, Suzanne was the CEO of Family Services Association in Elkton, Maryland for nearly 14 years. She has a master's degree in social work and a Harris Institute Infant Family Specialist Certificate, and she is a

Certified Clinical Trauma Professional. As a licensed clinical social worker, she has over 30 years' experience providing mental health and child welfare services to children and families. In 2005, Suzanne was awarded the "State Social Worker of the Year" from the National Association of Social Workers (NASW)-AZ Chapter. In 2014, she received the "Hope Award" from Prevent Child Abuse Arizona and the "President's Award" from NASW-AZ, both of which were for her advocacy work.

Suzanne is the current Treasurer of NASW-AZ PACE Committee and a Delegate to the NASW National Assembly. She was formerly Secretary of the Board of Directors for PAFCO (Protecting AZ's Family Coalition) and past-President of the Board of Directors of NASW-AZ Chapter.

The Home Visiting Conference is proud to announce the use of **2Shoes App** during this year's event. This application will allow you to ask questions to the presenters, view documents and handouts, view presenter profiles, evaluate sessions, respond to conference survey, and provide feedback during sessions. To access 2Shoes:

1. Using any device (smartphone, tablet, laptop) go to: 2shoes.com/HomeVisiting
2. Click on the session you are in.
3. Ask and vote on questions (questions with the most votes will be addressed), access documents and provide feedback through surveys.
4. The presenter will address questions during the Q&A.



Digging Deeper Workshop Presenters

Domestic Violence and Native Americans

Featured Speaker and Moderator, Gerilene Tsosie, MPH, Arizona Department of Health Services

Part 1: September 6, 10:15 AM | Ballroom I

Part 2: September 6, 1:45 PM | Ballroom I

Gerilene Tsosie is Dine' (Navajo) originally from Tuba City, Arizona. Her Dine' clans are Biji Bitoodnii (Deer Spring Clan) born for the Ta'neezahnii (Tangle Clan). Her maternal grandfather is Tsi'naajinii (Black Streak Wood People) and paternal grandfather is Tótsóhnii (Big Water Clan). She is currently the Native American Community Coordinator at Arizona Department of Health Services (ADHS) under the Bureau of Women's and Children's Health in Phoenix, Arizona. Gerilene attended the University of Arizona where she earned her MPH with a concentration in Maternal and Child Health and a Bachelor of Science with a concentration in Nutritional Sciences and minors in Native American Studies and Chemistry. Gerilene is involved in coordinating and implementing consultations with Arizona tribes to expand

home visiting to Arizona's tribal communities and monitoring contracts with tribes. Before joining ADHS, she oversaw the Tribal MIECHV grant at Native American Community Health Center, Inc. in Phoenix, Arizona implementing home visiting services for urban American Indian and Alaskan Natives population. She also worked at Johns Hopkins Center for American Indian Health on designing and implementing a Type 2 Diabetes research project for young children within the Navajo reservation. Gerilene has consistently been committed to the health and well-being of Native Americans. Her background is Community Based Participatory Research methodology, mobilizing community networks and collaborations, implementing maternal and child health programming.



Sharon Sexton

Domestic Violence and Native Americans, Part 1: Legal Issues with Domestic Violence

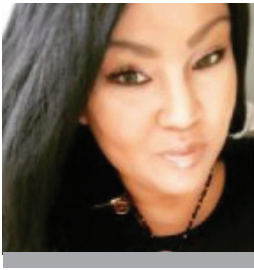
The Relationship between Tribes and the Federal Government

Featured Speaker, Sharon Sexton, US Attorney's Office

Sharon Sexton is an Assistant United States Attorney at the US Attorney's Office in Phoenix, Arizona. For the last 22 years, she has worked in the Violent Crime Unit of that office, specializing in cases involving child homicides, multi-victim child sexual abuse,

sexual assault and domestic violence assaults and homicides. Prior to that time, she worked for 6 years at the Maricopa County Attorney's Office in the Sex Crimes Unit handling serious violent felonies against women and children.





**Lynnette
Grey Bull**

Sex Trafficking of Tribal Youth and Women

Featured Speaker, Lynnette Grey Bull, Not Our Native Daughters

Lynnette Grey Bull is Lakota/Northern Arapaho from the Standing Rock Sioux Tribe and Northern Arapaho Tribe, she founded Not Our Native Daughters in 2013 to promote the lifelong mission for the missing and exploited Native American women and children. She is focused on various points of injustice on tribal economic issues, historical trauma to present day trauma, prevention measures for youth, and the lack of justice in Indian Country. Ms. Grey Bull served as Chair of the Arizona Commission of Indian Affairs at the Governor's office in 2015–2016, and presented a Congressional Briefing on Tribal Youth Suicide in 2016 for the American

Psychological Association. Ms. Grey Bull has survived the many obstacles of being a victim herself, which drives her purpose to advocate for others. She utilizes her unique journey to translate the needs of the Native American people to promote national change in policy, research, education and bipartisan collaboration. Lynnette's victim advocacy efforts began in 2003 on Skid Row in Los Angeles, California. 2006–2010 she pursued her passion to mentor the women at CCA Federal Detention Center, Florence, Arizona. Lynnette strives for the growth of a future where Native American Youth prevail in all the same areas where other ethnicities succeed in.

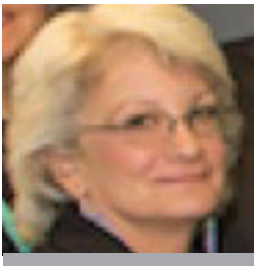
Victim's Services

Featured Speakers, Marlene Beall and Todd McKenney, US Attorney's Office, Victim Witness Program

Domestic Violence and Native Americans, Part 2: Trauma and Domestic Violence

The Relationship of Historical Trauma to Domestic Violence

Featured Speaker, Carol Colmenero, Salt River Pima-Maricopa Indian Community Victim's Services



Brenda Hill

Domestic Violence and Substance Abuse: Culturally-based Healing

Featured Speaker, Brenda Hill, Brenda Hill Consulting

Brenda has been an advocate for ending violence against women and their children for over 26 years. Brenda is currently an independent consultant, providing training and technical assistance programs focused on ending domestic and sexual violence, and their allies. She is known for her commitment to creating social change that confronts the root causes of violence/oppression and inclusive, trauma-informed, culturally-based approaches that inspire hope and promote change.

Brenda is an Associate with the National Center on Domestic Violence, Trauma and Mental Health. Previously, Brenda was Native Co-Director for the South Dakota Coalition Ending Domestic and Sexual Violence.

She was also Education Coordinator for Sacred Circle, National Resource Center to End Violence Against Native Women. She is founding mother & former Director of the Women's Circle Program on the Lake Traverse Reservation.

Brenda earned a B.A. from New York University and M.A. and certificate in alcohol and drug studies from the University of South Dakota, but attributes her expertise to the many women who have honored her with their trust in her as an advocate, her experience as a survivor and her relationships with advocates. Brenda is Siksika/Blackfeet, has a son and daughter, eleven grandchildren and four great-grandchildren.

7:30 AM	Registration and Networking <i>Conference Center</i>		Girl Brain, Boy Brain Room N / Learning Level: Advanced
7:30 AM	Exhibitors and Team Photo Opportunities Open All Day Ballroom BCD		What is WIC? Room O / Learning Level: Fundamental
8:30 AM	Welcome and Opening Remarks Dr. Cara Christ, Arizona Department of Health Services Highlands Center		Oral Health Room P / Learning Level: Fundamental
8:45 AM	Opening Keynote Presentation Dr. Joshua Weiss, Harvard Negotiation Project "Negotiating Your Way to Success with Your Home Visiting Clients" Highlands Center		Strengthening Families Room Q / Learning Level: Fundamental
10:00 AM	Break / Transition to Workshops		Tai Chi: Gateway to a Sense of Well-Being (To be repeated in Workshop Banks 2 and 3) Breakout R / Learning Level: Fundamental *Maximum 20 attendees
10:15 AM	Workshops Bank 1 <i>Various Rooms</i>		
	 Influence and Persuasion Ballroom E / Learning Level: Advanced	11:45 AM	Break / Transition to Luncheon with Keynote Presentation
	 Mindfulness for Balance and Self-Care, Part 1 Ballroom F / Learning Level: Advanced	12:00 PM	Luncheon Keynote Presentation Ms. Terie Dreussi-Smith, aha! Process, Inc. "Poverty, Health, and Wellness" Highland Center
	 Reflective Practice — Difficult Conversations, Part 1 Ballroom G / Learning Level: Advanced	1:30 PM	Break / Transition to Workshops
	 Care Across the Lifespan, Part 1: Understanding the Unique Needs of Women with Substance Use Disorders Ballroom H / Learning Level: Advanced	1:45 PM	Workshops Bank 2 <i>Various Rooms</i>
	 Domestic Violence and Native Americans, Part 1 Ballroom I / Learning Level: Advanced		 Healthy Motivations: How and Why our Health Messages Miss the Mark Ballroom E / Learning Level: Advanced
	 How to Use the Information From Commonly Used Home Visiting Tools, Part 1 Ballroom J / Learning Level: Advanced		 Mindfulness for Balance and Self-Care, Part 2 Ballroom F / Learning Level: Advanced
	 Speak Up! Improving Communication Room K / Learning Level: Fundamental		 Reflective Practice — Difficult Conversations, Part 2 Ballroom G / Learning Level: Advanced
	 Coaching for Performance Room L / Learning Level: Fundamental		 Care Across the Lifespan, Part 2: Caring for the Substance Exposed Child and Family Ballroom H / Learning Level: Advanced
	 Double-Up Food Bucks Promotes Healthy Families Room M / Learning Level: Fundamental		

KEY



BALANCE AND
SELF-CARE



DIVERSE
POPULATIONS



SUPERVISORS



SKILLS AND RESOURCES
FOR HOME VISITORS



HEALTH

- Domestic Violence and Native Americans, Part 2
Ballroom I / Learning Level: Advanced
 - How to Use the Information From Commonly Used Home Visiting Tools, Part 2
Ballroom J / Learning Level: Advanced
 - Making the Case for a Healthier Environment
Room K / Learning Level: Fundamental
 - Best Practices to Discuss Outcomes with Families
Room L / Learning Level: Advanced
 - Breastfeeding and Infant Mental Health
Room M / Learning Level: Fundamental
 - With a Little Help from My Friends
Room N / Learning Level: Fundamental
 - The Benefits of Vitamin L
Room O / Learning Level: Fundamental
 - Temperament
Room P / Learning Level: Fundamental
 - What Makes SENSE
Room Q / Learning Level: Fundamental
 - Tai Chi: Gateway to a Sense of Well-Being (Repeated)
Breakout R / Learning Level: Fundamental
***Maximum 20 attendees**
- 3:15 PM Break / Transition to Afternoon Closing Keynote Presentation**
- 3:30 PM Keynote Presentation**
Dr. Joshua Sparrow, Brazelton Touchpoints Foundation, Inc. "Building Families, Strengthening Communities"
Highlands Center
- 4:45 PM Adjourn**

- 7:30 AM Registration and Networking**
Conference Center
- 7:30 AM Exhibitors and Team Photo Opportunities**
Open All Day
Ballroom BCD
- 8:30 AM Opening Keynote Presentation**
Ms. Amanda Owen, Author and Lecturer
"Burnout! Help for Caregivers"
Highlands Center
- 10:00 AM Break / Transition to Workshops**
- 10:15 AM Workshops Bank 3**
Various Rooms
- The Cost of Caring
Ballroom E / Learning Level: Advanced
 - How to Get the Most out of Reflective Practice
Ballroom F / Learning Level: Fundamental
 - Touchpoints-Building Relational Partnerships
Ballroom G / Learning Level: Fundamental
 - Screening and Anticipatory Guidance
Ballroom H / Learning Level: Fundamental
 - Breastfeeding Challenges in the Early Months
Ballroom I / Learning Level: Fundamental
 - Heart & Soul: Truly, Madly, Deeply in Love with YOU (To be repeated in Bank 4)
Ballroom J / Learning Level: Fundamental
 - Why Do They Do That? Helping Parents Understand Behavior
Room K / Learning Level: Fundamental
 - Making DCS Referrals (To be repeated in Bank 4)
Room L / Learning Level: Fundamental
 - Parental Resilience
Room M / Learning Level: Fundamental
 - The ACE Study: Childhood Trauma and Adult Health
Room N / Learning Level: Fundamental
 - Childhood Lead Poisoning In Arizona
Room O / Learning Level: Fundamental
 - Self-Care in the Context of Community
Room P / Learning Level: Fundamental
 - Early Identification and Appropriate Referral for Pediatric Feeding Disorders
Room Q / Learning Level: Fundamental
 - Tai Chi: Gateway to a Sense of Well-Being (Repeated)
Breakout R / Learning Level: Fundamental
***Maximum 20 attendees**

- 11:45 AM Break / Transition to Luncheon with Keynote Presentation**
- 12:00 PM Luncheon Keynote Presentation**
Mr. Andy Goodman, The Goodman Center
"Storytelling as Best Practice"
Highlands Center
- 1:30 PM Break / Transition to Workshops**
- 1:45 PM Workshops Bank 4 and Discussion Groups**
Various Rooms

Discussion Groups (See descriptions)
Ballroom E and G

- Making DCS Referrals (Repeated)
Room K / Learning Level: Fundamental
- Perinatal Mood and Anxiety Disorders
Room L / Learning Level: Fundamental
- Youth Thrive: Providing Protection from Trauma
Room M / Learning Level: Fundamental

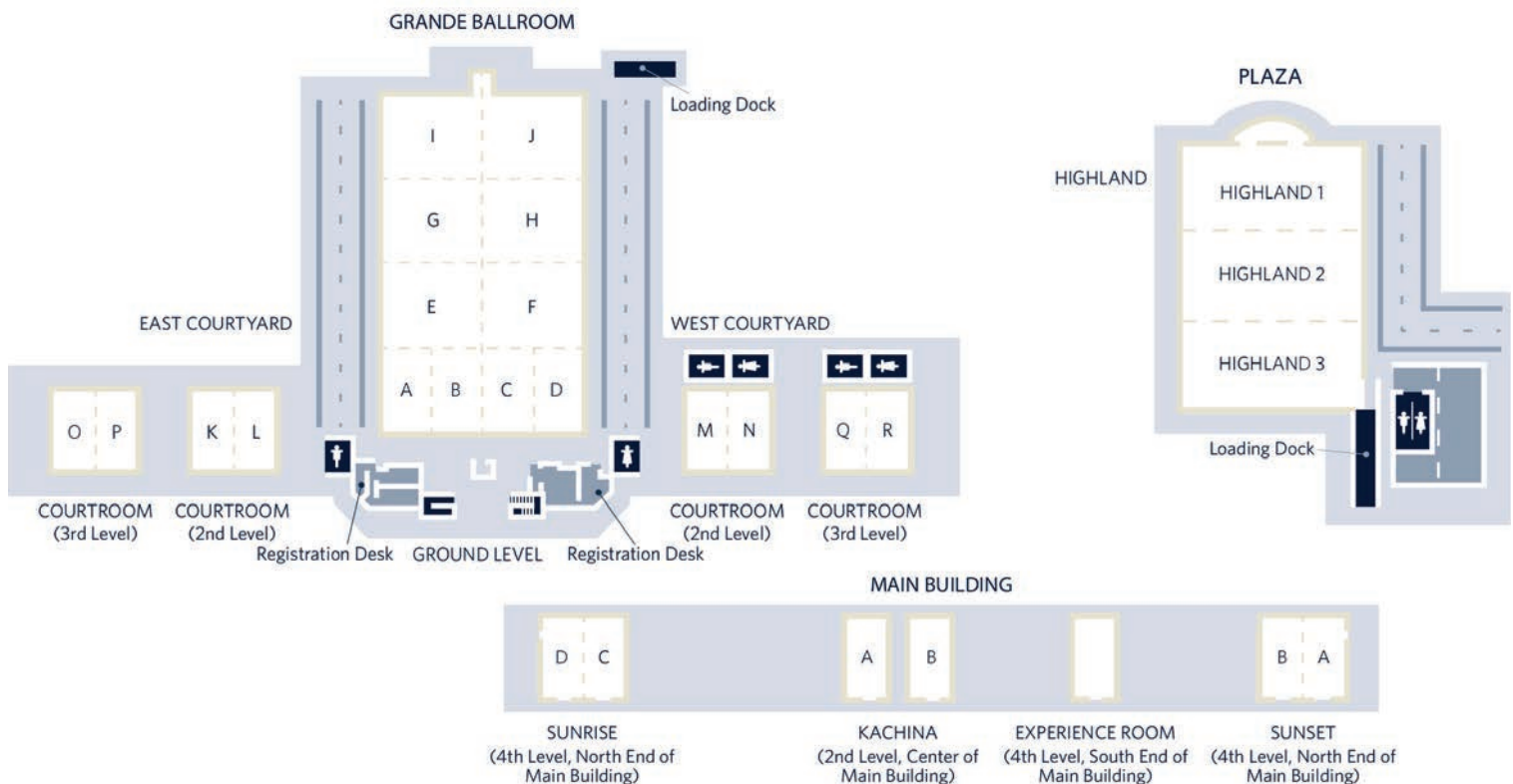
- Asthma 101
Room N / Learning Level: Fundamental
- Inviting Fathers into Home Visits
Room O / Learning Level: Fundamental
- Reflective Supervision: What, Why, How
Room P / Learning Level: Fundamental
- Heart & Soul: Truly, Madly, Deeply in Love with YOU (Repeated)
Room Q / Learning Level: Fundamental
- Screening and Anticipatory Guidance
Room R / Learning Level: Fundamental

3:15 PM Break / Transition to Closing Remarks

3:30 PM Closing Remarks
Highlands Center

4:00 PM Distribution of Educational Support Materials
Conference Center

Meeting Room Map



My Session Choices

Workshops Bank 1

Choice #1

Choice #2

Workshops Bank 2

Choice #1

Choice #2

Workshops Bank 3

Choice #1

Choice #2

Workshops Bank 4

Choice #1

Choice #2

Notes

Wednesday, September 6, 2017

Workshops Bank 1 (10:15am to 11:45am)

Note: "Digging Deeper" workshops include a Part 1 and Part 2. These extended workshops are designed to give the participant a deeper understanding of the subject over two 90-minute workshop periods. We strongly recommend planning to attend both parts of the presentation.

Ballroom E / Learning Level: Advanced

Influence and Persuasion

Dr. Joshua Weiss, Harvard Negotiation Project



After learning a basic negotiation approach in the keynote session, participants will dive deeper and learn two critical elements involved in any negotiation — influence and persuasion. With regard to influence, participants will learn some subtle ways to influence others and to recognize how others are trying to get them to see things their way. They will also learn an easy way to use the persuasion framework that will help them in all their endeavors. While most people believe they are persuasive, they often view persuasion in a limited fashion and do not focus their efforts in the right places.

Ballroom F / Learning Level: Advanced

Mindfulness for Balance and Self-Care, Part 1

Dori DiPietro, LCSW, Mesa Community College



Science clearly shows the practice of mindfulness is transformational; it reduces the negative impact of stress by soothing the body and quieting the mind therefore improving mental clarity and successful outcomes for both the helping professional and their clients in a practical and compassionate way that enhances the therapeutic relationship. Attendees will learn the basic tenants of stress and stress management by using a mindfulness practice such as breathing and relaxation techniques, body scan, movements and visualizations. This in an interactive and fun workshop that includes case examples and experiential learning activities. As a result of attending this workshop attendees will be able to: understand and describe the basic tenants of stress as it impacts helping professionals; identify how stress impacts their own body, mind, and life; experience the basic tenants of a mindfulness practice; and utilize a basic mindfulness practice to address work-life challenges and stressors to create peace and wellbeing.

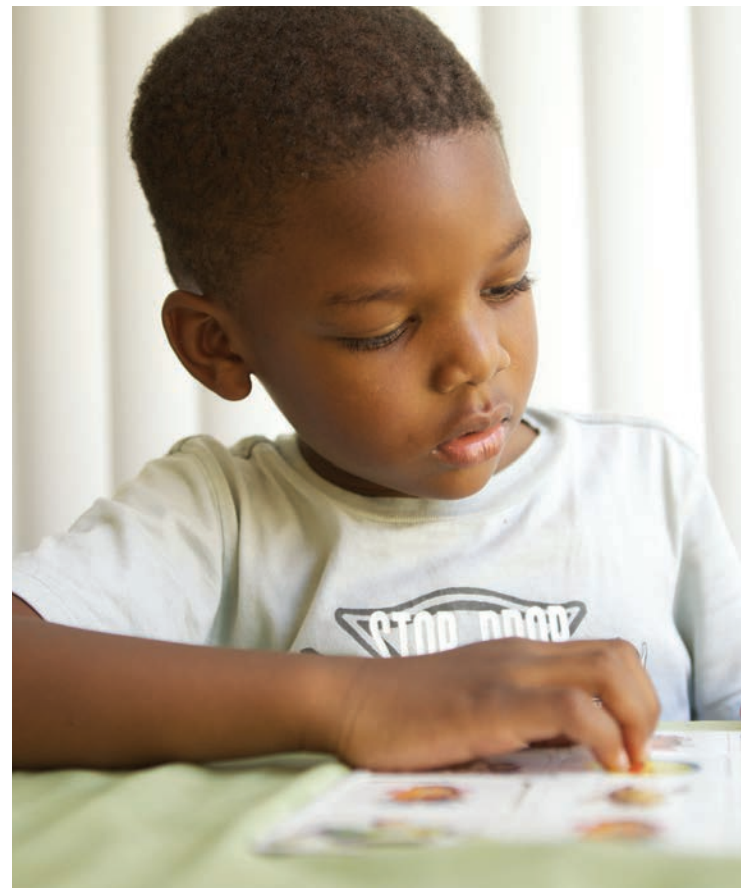
Ballroom G / Learning Level: Advanced

Reflective Practice — Difficult Conversations, Part 1

Rose Phillips, MA, LMFT, Southwest Human Development



Is it really worth the time and effort? Yes! After a brief overview of the elements of reflective supervision, participants will learn about the powerful benefits this practice can have for improving family outcomes, increasing staff retention, and enhancing all staff's professional development. Participants will consider barriers to introducing and maintaining reflective supervision and be introduced to strategies and solutions for addressing those challenges.



Ballroom H / Learning Level: Advanced

Care Across the Lifespan, Part 1

Sara Rumann, Arizona Department of Health Services;
Lori Deutsch, MATFORCE



Understanding the Unique Needs of Women with Substance Use Disorders.

This workshop session will review the incidence and prevalence of substance use among women and pregnant women and will briefly examine the effects on newborns. The evidence based self-report prenatal screening tools for home visitors will be introduced. Attendees will practice using the tools and scoring the results utilizing the SBIRT model. At the end of this session attendees will have a deeper understanding about the common prevalence of substance using clients and how to have compassion and empathy for those women and families. An innovative new pilot project in Yavapai County will be discussed that is engaging local partners including hospitals, health care providers, the jail and adult probation screening at risk pregnant women and linking them with services provided by the local health department. Using this warm hand off, health department staff will further assess the mom's needs for services such as home visitation, WIC, mental health, clothing plus much more. The Team is working to help keep mom safe resulting in a healthy baby.

Ballroom I / Learning Level: Advanced

Domestic Violence and Native Americans, Part 1

Gerilene Tsosie, MPH, Presenter and Moderator,
Arizona Department of Health Services



A Department of Justice study¹ shows that of over 2,000 women surveyed, 84 percent of Native American and Alaskan Native women have experienced violence, 56 percent have experienced sexual violence, and over 90 percent have experienced violence at the hands of a non-tribal member. Most women reported they were concerned for their safety, and around half said they had experienced physical violence like pushing, shoving, or being beaten. Over 60 percent had experienced psychological aggression or coercive control. Experts say these record numbers still

underestimate the number of women affected by violence, and the infrastructure for women to report and handle incidents is underfunded.

1. *National Institute of Justice, Research Report, Violence Against American Indian and Alaska native Women and Men, Andre B. Rosay, Ph.D., May 2016*

Legal Issues with Domestic Violence.

- Sharon Sexton, *The Relationship between Tribes and the Federal Government*
- Marlene Beall and Todd McKenney, *Victim's Services*
- Lynnette Grey Bull, *Sex Trafficking of Tribal Youth and Women*

Ballroom J / Learning Level: Advanced

How to Use the Information From Commonly Used Home Visiting Tools, Part 1

Suzanne M. Schunk, LCSW, Southwest
Human Development



Home Visitors are required to complete a variety of screening tools. This in-depth session is designed to review briefly the most common tools used by home visitors and discuss next steps when there is a positive screen. Facilitated by Suzanne Schunk, popular speaker and Home Visiting Supervisor, the sessions will address the following areas: Post-Partum Depression with Michelle Lacey, Postpartum Support International-Arizona Chapter; ACES & SMI with Anne Marie Salazar, Southwest Human Development; AHCCCS & RHBA with Valerie Van Auker, AHCCCS.



Room K / Learning Level: Fundamental

Speak Up! Improving Communication

Christy Maltos, *Child and Family Resources of Arizona*;
Sandi Cimino, *The Well-Made Bed, LLC*.



Parenting is a relentless business. It's not just important, it's crucial that parents develop tools and knowledge that help them deal with the challenges of parenting. Social Emotional Competence of Children is one of the five Strengthening Families Protective Factors that mitigate the negative effects of trauma and adversity on families. This workshop provides an in-depth look at how parents can promote social emotional competence in their children, help them to communicate more effectively and strengthen their family, thereby reducing the likelihood of child abuse and neglect.

Room L / Learning Level: Fundamental

Coaching for Performance

Pamela Genske, *Casa de los Niños*



This session will provide leaders tools to assist them in coaching their staff to drive performance. Leaders will learn: A consistent format for supervision sessions; How to address performance gaps; How to assist an employee in developing a career plan; How to document the event.

Room M / Learning Level: Fundamental

Double-Up Food Bucks Promotes Healthy Families

Kate O'Neill and Jessie Gruner, *Pinnacle Prevention*



The Supplemental Nutrition Assistance Program or SNAP, formally known as Food Stamps, increases an income eligible family's food budget by about \$1.40 per person per meal. This is an essential benefit for families in need, however we consistently hear that fruits and vegetables are still difficult to afford. We know that fruit and vegetable consumption is lowest among low-income households and that eating patterns established in childhood influence long-term dietary behaviors, weight status, and chronic disease risk factors. Double Up Food Bucks Arizona helps these families increase their buying power by providing \$1 that can be spent on fruits and vegetables for every \$1 of

SNAP spent at a local farmers market, up to \$20 a visit! This unique partnership between Arizona farmers, farmers markets and statewide food and nutrition networks strengthens SNAP families by fostering positive relationships with food and building new relationships within their community.



Room N / Learning Level: Advanced

Girl Brain, Boy Brain

Neil Tift, *Native American Fatherhood and Families Association*



As girls and boys grow from infancy through childhood and into adulthood, their gender differences become more apparent in how they each problem solve, communicate, express their emotions, perform academically and develop relationships.

Room O / Learning Level: Fundamental

What is WIC?

Emily Davis and Rachel Molina, *Arizona Department of Health Services*



The Arizona Breastfeeding Program at the Arizona Department of Health Services plans to deliver a

presentation in an interactive game format for home visitors to learn about basic breastfeeding, nutrition, and the upcoming changes for the WIC program. Other information to be presented shall be current breastfeeding initiatives for community partners throughout Arizona. This workshop will offer insight into the WIC program, nutrition and breastfeeding; discuss outreach as well as the program updates which will soon offer electronic benefits for clients. Providing this information for home visitors helps to support the collaborative effort between the programs and help to prepare mutual clients. At the end of the session attendees will leave having learned basic nutrition facts, breastfeeding information, current breastfeeding initiatives, and upcoming milestones for the WIC program.

Room P / Learning Level: Fundamental

Oral Health

Julia Wacloff, Arizona Department of Health Services



Tooth decay is the single most prevalent disease of childhood. About one-third of Arizona's preschool children have untreated tooth decay. It can cost \$2,000–\$5,000 to treat EACH CHILD with severe tooth decay. Many of these children must be hospitalized for dental treatment. Untreated tooth decay can cause pain and infection that can lead to problems with nutrition, growth, school readiness, and speech problems. Home visitors play a critical role in delivering best practice messages to parents and caregivers on oral health. This course will offer participants the opportunity to learn about a new e-learning opportunity on oral health to share with their clients.

Room Q / Learning Level: Fundamental

Strengthening Families

Claire Louge, Prevent Child Abuse Arizona



Through this introductory training, participants will learn an overview of the five Strengthening Families Protective Factors, understand what it means to work with families in a strength-based way, and be able to identify strategies to help families become and stay strong.

Breakout R / Learning Level: Fundamental

Tai Chi: Gateway to a Sense of Well-Being

(To be repeated in Workshop Banks 2 and 3)

Lydia Medina, MSW



Self-care is an important component of our own development and allows us to be fully present in our work with families. Tai Chi and Qi Gong are simple yet powerful methods for maximizing one's personal and professional potential. Tai Chi relaxes the mind and the body, promotes inner strength, improves balance and coordination, tones, strengthens, and increases muscle and joint flexibility, all while being very low impact. This session will provide information on the benefits of Tai Chi/Qi Gong, deep breathing techniques, and instruction and demonstration of gentle, beginning Tai Chi/Qi Gong practice. We will have an opportunity to practice simple Tai Chi and Qi Gong routines in a relaxed and relaxing setting. The routines can be done standing or sitting. We will not be lying on the floor. Tai Chi and Qi Gong is for anyone dealing with stress.

***Maximum 20 attendees per session**



Wednesday, September 6, 2017

Workshops Bank 2 (1:45pm to 3:15pm)

Ballroom E / Learning Level: Advanced

Healthy Motivations: How and Why our Health Messages Miss the Mark

Terie Dreussi-Smith, *aha! Process, Inc.*



Are you the person making the argument to change your patient's health behaviors? What you want is for the patient to make their own argument for change! This session looks at our individual lens and what works for patients in under-resourced environments. Join Terie Dreussi-Smith as we expand how key elements of *Bridges Out of Poverty* directly impact patient engagement and treatment compliance. We will: 1) Examine how to use the hidden rules of economic class in health settings and how to use the hidden rules to analyze our health messages. Participants will use the Bridges Lens to analyze the motivation statements they typically use with their patients and identify if our messages are a fit in poverty environments. And 2) Identify and classify examples of formal, casual and intimate language communication used by providers and patients. We will discuss how using mental models and sketches for patients who live in the "tyranny of the moment" can positively affect treatment compliance. And 3) Identify how the Bridges Resource models can be used to identify the internal strengths and social capital of patients from generational and situational poverty environments.



Ballroom F / Learning Level: Advanced Mindfulness for Balance and Self-Care, Part 2

Dori DiPietro, LCSW, *Mesa Community College*



Ballroom G / Learning Level: Advanced

Reflective Practice — Difficult Conversations, Part 2

Rose Phillips, MA, LMFT, *Southwest Human Development*



One of the greatest challenges for all supervisors is managing difficult conversations with their staff. In this workshop, participants will learn how the relationship-based aspect of reflective supervision can make difficult conversations more manageable. Specific skills and strategies will be offered along with a brief exercise to practice.

Ballroom H / Learning Level: Advanced

Care Across the Lifespan, Part 2

Tracy Sloat, RN, MN, *Maricopa County Department of Public Health*



Caring for the Substance Exposed Child and Family.

This session will look at the practical application of working with children and families affected by substance use. This interactive presentation will explore the neurodevelopmental impact of prenatal exposure to alcohol and other drugs from the newborn

period throughout early childhood and the growing years; we will also discuss navigation of the health care and educational systems. At the end of this session, attendees should have a deeper understanding of the short and long-term consequences of prenatal exposure to alcohol and other drugs including: 1) how prenatal substance exposure may affect the neurodevelopmental function of the newborn and growing child; 2) specific techniques to use when caring for a substance exposed newborn, toddler, child and teenager; 3) resources available to families caring for a substance exposed child.

Ballroom I / Learning Level: Advanced

Domestic Violence and Native Americans, Part 2

Gerilene Tsosie, MPH, Presenter and Moderator,
Arizona Department of Health Services



Part 2: Trauma and Domestic Violence.

- Carol Comenero, *The Relationship of Historical Trauma to Violence*
- Brenda Hill, *Trauma, Domestic Violence & Substance Abuse: Culturally-based Healing*

Ballroom J / Learning Level: Advanced

How to Use the Information From Commonly Used Home Visiting Tools, Part 2

Suzanne M. Schunk, LCSW, Southwest
Human Development



Home Visitors are required to complete a variety of screening tools. This in-depth session is designed to review briefly the most common tools used by home visitors and discuss next steps when there is a positive screen. Facilitated by Suzanne Schunk, popular speaker and Home Visiting Supervisor, Part 2 of the sessions will address the following areas: ATOH Treatment with Erin Corby and Amelia Lohr, TERROS; Domestic Violence with Erin Callinan, Arizona Coalition To End Sexual and Domestic Violence; ASQ & ASQE; AZEIP with Sandy Milward, Southwest Human Development.

Room K / Learning Level: Fundamental

Making the Case for a Healthier Environment

Jason Gillette, Arizona Department of Health Services



This session will look at the impacts of environmental tobacco smoke (i.e., secondhand and third hand smoke), tobacco use and cessation services. Tobacco is still the leading cause of preventable death and disability. Families across Arizona deserve to lead healthy lives free from tobacco and environmental smoke exposure.



Best Practices to Discuss Outcomes with Families

Darlene Lopez and Kerry Milligan, LeCroy-Milligan



Families are asked to participate in a variety of activities related to measuring outcomes of home visitation programs, such as taking surveys and assessments. Home visitation program supervisors, staff, and parents often feel burdened by these requirements. This workshop provides best practices that can be incorporated into programs so that all parties understand and value the measurement of outcomes, feel included in the data collection process, and maximize the use of outcome data for family goal setting and focused interventions. The session

participants will gain ideas and resources for how to best engage families in measuring progress, and using findings to plan and improve services that are meaningful to families. Best practices will cover both the home visitor and supervisor levels on sharing and using outcomes with families. Program evaluation and home visitation programs are both well served when parents are seen as partners in the process of outcomes measurement.



Room M / Learning Level: Fundamental
Breastfeeding and Infant Mental Health

Christia Bridges-Jones, IBCLC Consultant



The physical health benefits of breastfeeding get lots of press, but breastfeeding's effects on the child's mental health and resilience is not often discussed. This evidence-based talk will discuss how breastfeeding facilitates bonding and attachment with caregivers and promotes optimal brain development outcomes seen in infancy and into childhood.

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 Arizona's home visiting alliance

Room N / Learning Level: Fundamental
With a Little Help from My Friends

Sara Martinez and Anabelle Unanue, ChildHelp



This workshop provides an in-depth look at the Concrete Support In Times of Need Protective Factor, one of five protective factors from the Strengthening Families™ Protective Factors Framework. We know asking for help isn't always easy, so in this interactive session participants and facilitators will cultivate concrete ideas on how to provide welcoming support to ALL families when they need it most.

Room O / Learning Level: Fundamental
The Benefits of Vitamin L

Christy Maltos, Child and Family Resources of Arizona;
 Sandy Cimino, The Well-Made Bed, LLC.



Most people find themselves so bogged down with family, work, and other obligations, that self-care and finding that balance seems impossible! Vitamin L, also known as laughter, is one of the most important vitamins there is in assisting with self-care! Many studies have shown laughter reduces stress and creates many health benefits. Laughter truly is the best medicine and can heal your mind, body, and soul! How can you argue with someone who says you need to have more fun and laugh more often? Laughter is not designed to be complicated and you don't have to schedule it in, you just have to let loose!

Room P / Learning Level: Fundamental
Temperament

Neil Tift, Native American Fatherhood and Families Association



Temperament is a set of traits that determines a child's behaviors, responses to situations and interactions with the world. Temperament is neither good nor bad. It is an inborn trait that we are all born with and does not change over the course of our lifetime. But we can teach and instill coping skills, communication skills and relationship qualities that modify our children's behaviors. Temperament significantly affects how a child behaves and how the world sees that child. According to contemporary researchers, there are three main temperament styles: the easy-going child, the slow to warm child and the

feisty or spirited child. This workshop will present information to help staff to assess the temperament of children and to understand why children react to certain situations differently (quiet, busy, finicky, cuddly, harsh, compliant, and distant). It will also propose suggestions regarding how to adjust discipline styles to address children's distinct temperament.

Room Q / Learning Level: Fundamental

What Makes SENSE?

Sue Smith and Michael White, Arizona
Department of Child Safety



This workshop will discuss the Department of Child Safety's Substance Exposed Newborn Safe Environment (SENSE) program started in Maricopa County and now being rolled out to other counties in Arizona. Substance exposed newborns (SEN's) are a growing population in the US and in Arizona due to increasing substance and alcohol abuse during pregnancy including the rise in opiate use. Substance exposed newborns are the most vulnerable children. This workshop will address the components of the SENSE program, a multidisciplinary team approach intended to ensure children are safe and healthy in the home with their parents while parents address the needed behavioral changes. The SENSE program is the only program at DCS that incorporates a nurse home visitor component as part of the service team. This component is vital to the program and aids in addressing developmental delays, social and emotional development, health and safety concerns. Families that complete the SENSE program report that although the number of visits was overwhelming at first, the team was an integral part of their success. This workshop will also address new federal legislation affecting all substance exposed newborns called Comprehensive Addiction Recovery Act or CARA. CARA legislation requires all states have safe care plans for infants born substance exposed and address the substance use treatment needs of affected family and caregivers. That makes SENSE!



Breakout R / Learning Level: Fundamental

Tai Chi: Gateway to a Sense of Well-Being (Repeated)

Lydia Medina, MSW



Self-care is an important component of our own development and allows us to be fully present in our work with families. Tai Chi and Qi Gong are simple yet powerful methods for maximizing one's personal and professional potential. Tai Chi relaxes the mind and the body, promotes inner strength, improves balance and coordination, tones, strengthens, and increases muscle and joint flexibility, all while being very low impact. This session will provide information on the benefits of Tai Chi/Qi Gong, deep breathing techniques, and instruction and demonstration of gentle, beginning Tai Chi/Qi Gong practice. We will have an opportunity to practice simple Tai Chi and Qi Gong routines in a relaxed and relaxing setting. The routines can be done standing or sitting. We will not be lying on the floor. Tai Chi and Qi Gong is for anyone dealing with stress.

***Maximum 20 attendees per session**

● BALANCE AND SELF-CARE ● SUPERVISORS ● HEALTH ● DIVERSE POPULATIONS ● SKILLS AND RESOURCES FOR HOME VISITORS

Thursday, September 7, 2017

Workshops Bank 3 (10:15am to 11:45am)

*Ballroom E / Learning Level: Advanced***The Cost of Caring***Amanda Owen, Author and Lecturer*

When giving and receiving are out of balance, who pays? Chronic overextending and overcommitting are acts that affect the giver, but these behaviors also create collateral damage that directly impacts loved ones. In this session, Amanda leads a group discussion about the personal and collateral consequences of over-giving and under-receiving, and offers remedies and solutions to rectify imbalances at work and at home.

*Ballroom F / Learning Level: Fundamental***How to Get the Most out of Reflective Practice***Mary Warren*

This session will focus on how to practice self-care through reflective practice. Mindfulness techniques are included both to enhance Home Visitor self-practice and as helpful strategies for you to take to families.

*Ballroom G / Learning Level: Fundamental***Touchpoints-Building Relational Partnerships***DeAnn Davies, Summit Healthcare*

Explore how the Touchpoints approach supports providers across a community in creating relationships with families that leads to effective engagement with and retention of families. Touchpoints supports providers to become more proficient in delivering relationship-based, developmentally-informed services. It improves a provider's ability to be successful in engaging families, and in understanding and applying child developmental constructs to their daily practice. When Touchpoints-informed practice is used by all providers who works with young children and /or families, families are more supported and are more likely to make progress. It focuses on implementing a set of strength-based practices such as careful observation of children's behavior and parents' strengths to improve parent-provider and parent-child relationships that promote family health and wellness. An overview of the

Touchpoints Approach will be provided. In addition, HealthySteps Arizona will be sharing how they are using the Touchpoints Professional Development program to equip Healthy Steps providers with tools to engage families. The Touchpoints approach lays the foundation for early childhood providers from all disciplines to come together around the child. Touchpoints promotes how providers in a system are with young children and their caregivers. When partners within a system come together around the child then decisions are made in the best interest of that child.

**Screening and Anticipatory Guidance****(To be repeated in Workshops Bank 4)***Docia Rojel and Alicia Sharma, Arizona Department of Economic Security*

This workshop will support home visitors and their supervisors in learning more about best practices in developmental screenings. This session will focus on developmental screenings including the ASQ and ASQ-SE, common misconceptions surrounding screening, and ways to support families through

anticipatory guidance and risk appropriate referrals to other programs. Participants will gain the ability to understand identifying areas of concern and how best to support families in obtaining appropriate resources. This workshop will provide an opportunity to engage in identifying local and national resources regarding child development and activities to share with families that can enhance development.

Ballroom I / Learning Level: Fundamental

Breastfeeding Challenges in the Early Months

Christia Bridges-Jones, IBCLC Consultant



Have you ever had a client with breastfeeding questions or issues, but you didn't know where to start? Most mothers start out breastfeeding, but face challenges from the beginning. This talk addresses the common challenges and provides guidance for getting things back on track. We will touch on basic assessment, positioning and latch, counseling skills, and address common myths about lifestyle, diet, milk production and more. It will also provide a list of resources for the home visitor to access and refer clients. Attendees will leave with an evidence-based cheat sheet for breastfeeding helpers.

Ballroom J / Learning Level: Fundamental

Heart & Soul: Truly, Madly, Deeply in Love with YOU (To be repeated in Bank 4)

*Shelley Tellez and Rainee Crabtree,
Arizona's Children Association*



Every. Single. Day. You put your heart & soul into your work as a home visitor. In fact, you put your heart & soul into everything you do. You ensure that your kids come first, that your partner is loved, and that your friends know that you are always available. We put our hearts & souls into fueling others, fixing challenges, and pleasing everyone. That kind of person is extraordinarily special! You better take care of a person like that! It is not a radical idea that airline personnel recommend putting your own oxygen mask on first before helping others. It is essential. If we expect to care for others, we must take care of ourselves first. We invite you to join us for "empower hour" where we will encourage you to put on your invisible crown without

guilt. Discover some tips, routines, and self-care ideas that give you permission to celebrate the wonder that is you. It is time to fall truly, madly, deeply in love with YOU with all of your Heart and Soul.



Room K / Learning Level: Fundamental

Why Do They Do That? Helping Parents Understand Behavior

Michelle Simmons, NCHC AZ



For generations, we have relied on the advice of parents and grandparents to help raise children. In our ever-moving culture, many families have lost touch with that valuable resource and the resilience it provides parents. In this session, we will explore how the knowledge of basic child development give parents a better understanding of what are realistic expectations for their children. This decreases parental stress and promotes healthy relationships and attachments. Learn how to incorporate knowledge of parenting and child development to the work you do and make a lasting impression on families.

Room L / Learning Level: Fundamental

Making DCS Referrals

(To be repeated in Bank 4)

Chelsea Pilon, Arizona Department of Child Safety



All community members have an obligation to protect children by reporting concerns of suspected abuse and neglect to either DCS or local law enforcement. This workshop will provide mandated reporters with a comprehensive understanding of A.R.S. 13-3620, the child abuse reporting law in Arizona, and A.R.S. 8-201, the definitions of abuse and neglect. The Arizona Child Abuse Hotline is the gateway for the community to begin the process of protecting Arizona's most vulnerable children.

Room M / Learning Level: Fundamental

Parental Resilience

Neil Tift, Native American Fatherhood and Families Association; Elizabeth Webber, Southwest Human Development



This workshop is element 3 of the Strengthening Families Protective Factors series. This session will identify actions that staff can take to help parents build their resilience, give examples of program efforts to support parents and list steps that staff can take to integrate these ideas into their work.

Room N / Learning Level: Fundamental

The ACE Study: Childhood Trauma and Adult Health

Claire Louge, Prevent Child Abuse Arizona



Stress and trauma in childhood affects later adult health. This presentation focuses on the Adverse Childhood Experience (ACE) Study, an ongoing research study that demonstrates the link between early stress and adult disease. In addition, participants will learn a brief overview of the Strengthening Families Protective Factors, which work to both prevent ACEs from occurring and build resilience to their negative effects.



Room O / Learning Level: Fundamental

Childhood Lead Poisoning In Arizona

Campbell Pendleton, Arizona Department of Health Services



Arizona is a state blessed with a rich history and numerous distinct cultures. Arizona's rich diversity has led to the identification of non-lead based paint sources. Imported spices, traditional folk remedies, along with cultural pottery are among common sources of lead. Over 400 children are identified with an elevated blood lead level in Arizona every year. Children with an elevated blood lead level may appear completely healthy; most children will have not have any symptoms. The purpose of this session will be to discuss non-traditional sources of lead, health effects of lead poisoning, Arizona's targeted screening approach, screening recommendations, and follow-up for children identified with elevated blood lead levels. This information will be put into context with lead poisoning data from across the state. We will also discuss the role of home visitors in identifying and preventing lead poisoning as well as the resources available to them.

Room P / Learning Level: Fundamental

Self-Care in the Context of CommunityBrita Hammit, *Pink Shoes Ministries*

Believe it or not, the most effective self-care takes place within community! Healthy relationships have the power to ease our anxiety, inspire positive action, and motivate us to achieve our personal goals. In this session, we will: Begin to create a personal "Fan Club" roster (people who fan the flames of our best-selves); Learn communication skills to strengthen the relationships in our closest community and Design an action plan for implementing "best practices" of self-care in the context of community. Why rely on infrequent vacations and elusive quiet times to provide what you can (and should!) be receiving every day, from the people you surround yourself with? Prepare to be inspired and to leave this session empowered to take care of the most important person in your life: YOU!

Room Q / Learning Level: Fundamental

Early Identification and Appropriate Referral for Pediatric Feeding DisordersJaclyn Goris, *Feeding Matters*

This session will educate the audience on pediatric feeding disorders, the Infant and Child Feeding Questionnaire® (how to use it and its research), and be given the tools to make appropriate referrals.

Breakout R / Learning Level: Fundamental

Tai Chi: Gateway to a Sense of Well-Being (Repeated)

Lydia Medina, MSW



Self-care is an important component of our own development and allows us to be fully present in our work with families. Tai Chi and Qi Gong are simple yet powerful methods for maximizing one's personal and professional potential. Tai Chi relaxes the mind and the body, promotes inner strength, improves balance and coordination, tones, strengthens, and increases muscle and joint flexibility, all while being very low impact. This session will provide information on the benefits of Tai Chi/Qi Gong, deep breathing techniques, and instruction and demonstration of gentle, beginning

Tai Chi/Qi Gong practice. We will have an opportunity to practice simple Tai Chi and Qi Gong routines in a relaxed and relaxing setting. The routines can be done standing or sitting. We will not be lying on the floor. Tai Chi and Qi Gong is for anyone dealing with stress.

***Maximum 20 attendees per session**

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● BALANCE AND SELF-CARE ● SUPERVISORS ● HEALTH ● DIVERSE POPULATIONS ● SKILLS AND RESOURCES FOR HOME VISITORS

Thursday, September 7, 2017

Workshops Bank 4 and Discussion Groups (1:45pm to 3:15pm)

Ballroom E and G

Discussion Groups “Sticking Your Toe In”



This year, conference participants will have even more opportunities to exchange ideas and interact with each other.

On Thursday, September 7 from 1:45pm to 3:00pm, we will set up discussion groups in the Highland Center. Each table of 10 will have a number and a discussion topic. Participants will be invited to join 3 different discussions during the 90-minute session. Each discussion group will be facilitated by a designated leader who will briefly introduce the subject and give an overview of the evidence available on the subject (5–10 minutes). The group at the table will then have a facilitated discussion (15–20 minutes). When the buzzer sounds, participants move to the next discussion group and repeat the process. Everyone will cycle through 3 discussion groups. No need to sign up for topics, just come to the session and join any table that has room. If the discussion you want to join is full, then join another discussion and circle back on the next round to find an open seat.

The following topics will be highlighted at the afternoon Discussion Groups:

- Improving Connections to Resources in the Community (Table 1)
- Improving Participant Recruitment through CQI (Table 2)
- Improving Breastfeeding Rates for Teens by Promoting Online Resources (Table 3)
- Supporting Staff on Data Collection for Babies First Year of Well Child Checks (Table 4)
- Improving the Length of Breastfeeding at 6 and 12 months (Table 5)
- Becoming “Breast Friend” (Table 6)
- Increasing Completion of Well Baby Check Ups (Table 7)
- Improving Rate of Completion of Well Child Check-ups (Table 8)
- Becoming a “Breast Friend” (Table 9)
- Improving Data Collection Process on Well Child Checks (Table 10)

- Improving Breastfeeding Data Collection Consistency (Table 11)
- Screening for Lead (Table 12)
- Breastfeeding Support for Strong Start & Continued Success (Table 13)
- Improving Breastfeeding Duration by Promoting Family Support (Table 14)

Room K / Learning Level: Fundamental

Making DCS Referrals (Repeated)

Chelsea Pilon, Arizona Department of Child Safety



All community members have an obligation to protect children by reporting concerns of suspected abuse and neglect to either DCS or local law enforcement. This workshop will provide mandated reporters with a comprehensive understanding of A.R.S. 13–3620, the child abuse reporting law in Arizona, and A.R.S. 8–201, the definitions of abuse and neglect. The Arizona Child Abuse Hotline is the gateway for the community to begin the process of protecting Arizona’s most vulnerable children.

Room L / Learning Level: Fundamental

Perinatal Mood and Anxiety Disorders

Sara Rumann, Arizona Department of Health Services;
Lori Deutsch, MATFORCE



This workshop session will review the incidence and prevalence of substance use among women and pregnant women and will briefly examine the effects on newborns. The evidence based self-report prenatal screening tools for home visitors will be introduced. Attendees will practice using the tools and scoring the results utilizing the SBIRT model. At the end of this session attendees will have a deeper understanding about the common prevalence of substance using clients and how to have compassion and empathy for those women and families. An innovative new pilot project in Yavapai County will be discussed that is engaging local partners including hospitals, health care providers, the jail and adult probation screening at risk pregnant women and linking them with services provided by the local health department. Using this

warm hand off, health department staff will further assess the mom's needs for services such as home visitation, WIC, mental health, clothing plus much more. The Team is working to help keep mom safe resulting in a healthy baby.

Room M / Learning Level: Fundamental

Youth Thrive: Providing Protection from Trauma

Sandi Cimino, *The Well-Made Bed, LLC*.



This workshop focuses on the Youth Thrive Protective and Promotive Factors, which encompass youth ages 9–26 years. These Five Factors mirror the Strengthening Families Protective Factor Framework and are based on current scientific research to reduce risk and enhance healthy development and well-being of youth. The workshop will provide detailed knowledge of the Youth Thrive Factors and discuss how building these factors in youth mitigate the impact of trauma and ACE. The workshop will focus participants on every day actions they can implement, and teach parents to implement, to help our youth THRIVE. In addition, the workshop will demonstrate, using the World Café model, how to engage youth in conversations about trauma and resilience.

Room N / Learning Level: Fundamental

Asthma 101

Stacey Mortenson, *American Lung Association*



Asthma 101 is the American Lung Association's unique and comprehensive presentation designed for school faculty, parents, community health workers and other community members to successfully train about asthma. The program serves as a critical link in the effort to educate those who care for children with asthma in an effort to proactively reduce or prevent asthma crises. The presenter will cover how asthma impacts the lungs, signs and symptoms, medication and environmental treatment, and self-management strategies. A flip book will be provided to participants who want to deliver the same presentation to clients as well as an accompanying booklet that can be used to reinforce the training. The goals of the program are to: prepare adults to support children with asthma and improve confidence of parents and lay workers to deal with and prevent asthma-related incidents.

Room O / Learning Level: Fundamental

Inviting Fathers into Home Visits

Neil Tift — *Native American Fatherhood and Families Association*



Too often fathers are not involved in home visits, whether due to scheduling problems, fathers not living in the same home as the children, maternal reluctance regarding father involvement, lack of interest or effort on the part of home visitors or the father's reluctance itself. But the benefits of significant father involvement in growing healthy children are more than obvious. This workshop will begin by examining common individual, organizational and cultural barriers that often preclude fathers from engaging in infant and child care and that may limit co-parenting opportunities. We will provide a detailed outline that offers 40 specific suggestions that home visitors might employ to increase and retain father involvement. We will discuss how visitors might appeal to fathers and men in families in his traditional roles as protector, provider and disciplinarian.



● BALANCE AND SELF-CARE ● SUPERVISORS ● HEALTH ● DIVERSE POPULATIONS ● SKILLS AND RESOURCES FOR HOME VISITORS

Room P / Learning Level: Fundamental

Reflective Supervision: What, Why, How

Mary Warren, *The Infant Toddler*

Mental Health Coalition of Arizona



This session will provide an overview of Reflective Supervision definitions and best practices. We will view a 30 min RS session and then discuss and answer your questions. Mindfulness techniques are included both to enhance Home Visitor self-practice and as helpful strategies for you to take to families.

Room Q / Learning Level: Fundamental

Heart & Soul: Truly, Madly, Deeply in Love with YOU (Repeated)

Shelley Tellez and Rainee Crabtree,

Arizona's Children Association



Every. Single. Day. You put your heart & soul into your work as a home visitor. In fact, you put your heart & soul into everything you do. You ensure that your kids come first, that your partner is loved, and that your friends know that you are always available. We put our hearts & souls into fueling others, fixing challenges, and pleasing everyone. That kind of person is extraordinarily special! You better take care of a person like that! It is not a radical idea that airline personnel recommend putting your own oxygen mask on first before helping others. It is essential. If we expect to care for others, we must take care of ourselves first. We invite you to join us for "empower hour" where we will encourage you to put on your invisible crown without guilt. Discover some tips, routines, and self-care ideas that give you permission to celebrate the wonder that is you. It is time to fall truly, madly, deeply in love with YOU with all of your Heart and Soul.



Room R / Learning Level: Fundamental

Screening and Anticipatory Guidance (Repeated)

Docia Rojel and Alicia Sharma, Arizona Department of Economic Security



This workshop will support home visitors and their supervisors in learning more about best practices in developmental screenings. This session will focus on developmental screenings including the ASQ and ASQ-SE, common misconceptions surrounding screening, and ways to support families through anticipatory guidance and risk appropriate referrals to other programs. Participants will gain the ability to understand identifying areas of concern and how best to support families in obtaining appropriate resources. This workshop will provide an opportunity to engage in identifying local and national resources regarding child development and activities to share with families that can enhance development.

STRONG FAMILIES  **AZ**
Arizona's home visiting alliance

● BALANCE AND SELF-CARE ● SUPERVISORS ● HEALTH ● DIVERSE POPULATIONS ● SKILLS AND RESOURCES FOR HOME VISITORS

2017 Strong Families AZ Home Visiting Conference Workgroup

Laura Bellucci-Workgroup Chair

AZDHS Bureau of
Women's and Children's Health

Julia Wacloff

AZDHS Bureau of
Women's and Children's Health

Erin Cowan

Child Crisis Arizona

Cholpon Rosengren

United Way of Tucson and Southern Arizona

Cecilia Fernandez

Summit Healthcare
Regional Medical Center

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Susan Smith

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Nicole Guysi

Family Representative

Jeanette Shea

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Dave Ryder

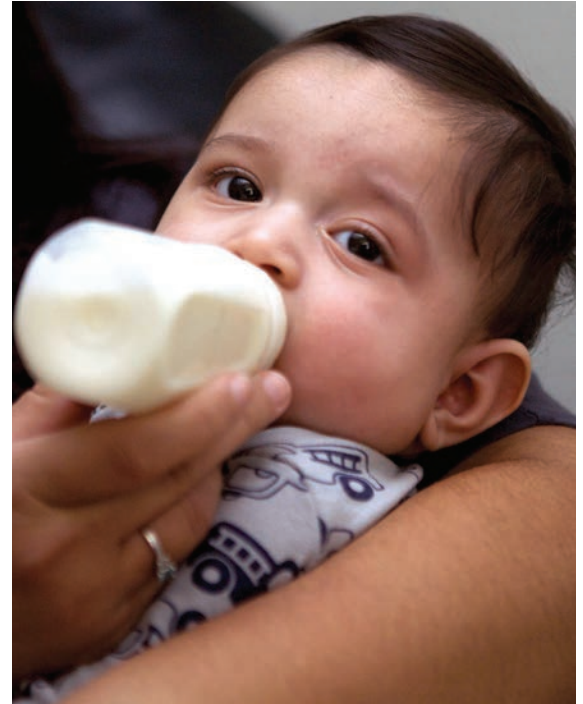
Veer Consulting Conference Management

2017 Strong Families AZ Home Visiting Conference

The Strong Families AZ network focuses on collaboration among providers to maximize resources, build local capacity and improve accessibility for families to the services they need to grow strong and happy children. Many thanks are due to the courageous leaders who united to strengthen Arizona's young families through this network. Strong Families AZ grew from the interagency collaboration between the Arizona Department of Health Services, Arizona Department of Education, Arizona Department of Economic Security, Native Health, Inc. and First Things First. Guided by the needs of Arizona's young families, these agencies have pledged to work together to build a system of home visiting that is seamless and community-driven.



Find Home visiting resources by visiting the National Home Visiting Resource Center at www.nhvr.org or the Strong Families Home Visiting Portal at <https://strongfamiliesaz.com/portal/>.



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ARIZONA DEPARTMENT
OF HEALTH SERVICES



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