

A partial list of the workshops that will be offered during the **Footsteps to the Future National Conference:**

Workshop Title	Workshop Description
Navigating Foster Youth on a Journey to Success	Promises2Kids, a leader in San Diego County for nearly 40 years, creates a brighter future for foster children. From the moment they come into foster care and through to adulthood, Promises2Kids provides the hope, support, and opportunities these special individuals need to change their lives for the better. Our programs include the Polinsky Children’s Center, Camp Connect, Guardian Scholars, and Foster Funds. With an over 85% graduation rate for foster youth pursuing higher education in Guardian Scholars, Promises2Kids has found success in its mentoring, 1:1 individualized support, and sibling connections.
Why Behavior Modification Does Not Work; And, What DOES!	Why do our kids do what our kids do? And how can we help them make healthier choices? FOR REAL! We will teach you Brain based interventions made simple within a deeper understanding of the impact of trauma. Emotional Regulatory Healing, ERH, provides a profound means to bringing back the joy of parenting and treating children with histories of trauma that have led to attachment challenges. We are foster/adopt parents who are also trauma/attachment experts. Join us for FUN and Learning!
Gang Sex Trafficking: What you need to know!	Gangs conduct criminal activity in all 50 states. Although most gang activity is concentrated in major urban areas, gangs also are proliferating in rural and suburban areas as gang members flee increasing law enforcement pressure in urban areas. During this session attendees will learn to recognize signs of gang involvement including gang tattoo's, terminology, graffiti and using hand signals. Attendees will also be able to recognize the warning signs and risk factors of youth gang recruitment. This session will also discuss the female's role in gangs.
The Importance of Co-Regulation: How Do We Get There Together?	This session will focus on better understanding and utilizing the concept of co-regulation. Participants will explore how they themselves and a young person they support think and behave differently under stress. Using the arousal continuum, participants will explore what they look like under stress and how they can help themselves maintain their own regulation to better support a young person. Afterward, we will explore what the young person looks like under stress and how we can best support them so that, we all end up in a regulated place together.
Addressing Acute Mental Health Needs of Youth in Foster Care	Providing services to youth in foster care requires an understanding of the many factors that affect well-being. Responding to the acute mental health needs of youth in foster care requires knowledge and skill building, which, for new practitioners, may include receiving specialized training, role playing to build skills, and ongoing supervision. This workshop will serve as an overview into the mental health needs of youth in foster care and provide resources for new workers to improve their practice with the young people they serve.
Understanding the Masks Kids Wear: Behaviors of Trauma	This workshop will highlight the typical roles children take on in a dysfunctional family system, including behaviors of the Hero Child, Scapegoat, Lost Child and Class Clown. Participants will gain greater understanding of the underlying issues and reasons children exhibit these roles and behaviors. A systemic look at dysfunctional family dynamics will be discussed. A case study will be presented for increased participant interaction and discussion.
Treating Trauma in the Family Setting: Rubber Meets the Road	A child’s brain is changed by the trauma; however, the brain has the capacity to heal. Pinnacle Family Services specializes in trauma-informed treatment that is designed to treat children (and their families) in a family setting, whether that be in their own home, a kinship home, or a foster home. We are part of the Trauma Informed Community (TIC) initiative with the National Council for Behavioral Health. PFS provides two evidenced based/evidenced informed models of treatment for children and families—these models are infused with trauma and resiliency informed practices and have a proven track-record of stabilizing, treating, and keeping children in the family setting. Family Centered Treatment (FCT) is an in-home service designed to either prevent an out of home placement or facilitate successful step down from an out-of-home placement and Fostering Solutions (FS) is an intensive Therapeutic Foster Care model.
Why the Limbic Limbo Works Better than Words	In an effort to help, clinicians often miss critical pieces of the developmental needs of traumatized children. Before cognitive, language-based interventions or behavior modification can be effective, children must develop the capacity to recognize their own energy (arousal) level and practice modulating it to their own comfort level. This requires interventions that first address somatosensory issues to calm the limbic system. Once the “limbic limbo” has restored a sense of calm relaxation to the “downstairs brain,” then and only then is it appropriate for a clinician to gradually shift the focus of intervention to the “upstairs brain.”

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Providing Services to Lesbian, Gay, Bisexual, and Transgender Youth in Care	Service providers learn how to appropriately discuss sexual orientation and gender identity and address the needs of LGBT youth, particularly those in foster care, by gaining insight about their experiences and concerns.
Leveraging Medicaid Managed Care to Transform Health Care for Foster Children	Children in foster care represent one of the most vulnerable populations in Medicaid. They carry a higher burden of disease, face incredible social complexity, and often experience multiple changes in caregiver. These dynamics present unique challenges for health plans and care providers, and contribute to significant health and health care disparities for these children. For the past four years, Health Share of Oregon, Oregon's largest Coordinated Care Organization, has convened community and system partners, advocates, and clinical champions to develop and implement new interventions and supports for this priority population.
The Invisible Youth: Transitional Services in Higher Education	Last year over 687,000 children spent time in U.S. foster care system, a disproportionate number of these children are minorities, LGBTQ+, and from low-income families. Each year 20,000 children age out of the system, their transition to higher education is more difficult than their peers. Only 25% will graduate high school and 2% complete college. Youth in foster care face unique barriers to entering and completing post-secondary education including inadequate academic preparation, limited support, financial challenges, ongoing mental health issues, and housing/employment. Let's explore a framework to change these statistics.
Immigration Law & Policy: The Impact on Child Welfare Proceedings	This presentation will provide an overview of ICE immigration enforcement policy that protects children and families who are impacted by immigration enforcement. Specifically, this presentation will provide an overview of the U.S. Immigration and Customs Enforcement (ICE) Parental Interests Directive, which addresses ICE's handling of cases involving parents, legal guardians, caretakers of minor children, and parents involved in both immigration court and child welfare proceedings.
Children in Foster Care Receiving Psychotropic Medications	For children with mental health needs, psychotropic medications may be effective treatments. However, these medications can have serious side effects and should be used in conjunction with treatment planning mechanisms and effective medication monitoring. Treatment planning is critical to enhance continuity of care; improving coordination of services between health and child welfare professionals. Effective medication monitoring can reduce the risk of inappropriate dosing and inappropriate medication combinations. We will discuss our findings and recommendations based on a review of case files in a sample of children in foster care.
"What's in YOUR Wallet?" Understanding adult issues in crisis	Challenging foster children and older individuals in supervised settings frequently engage adults in fruitless power struggles when they feel emotionally overwhelmed. Parents, caretakers, and staff may find themselves overreacting personally, especially in less formal settings. In this eye-opening workshop, we first explore the dynamics of an escalating conflict, then identify five common adult anger traps. Finally, we offer powerful insights about why certain patterns are especially hard for us to manage, and close with strategies for staying calm in crisis.
"Leave me alone! Wait, come back..." Understanding Rubber-Band Relationships	Many children in foster care and older individuals in independent living have experienced numerous childhood traumas, and have learned to become relationship-wary. To avoid deeper loss and pain, they sometimes control disappointment by sabotaging relationships. Through rich stories, interactive discussion, and practical exercises, this inspiring workshop first explores the incidence and impact of toxic stress and trauma, then discusses four common self-defeating behavior patterns. We close by offering valuable insights and skills needed to maintain a helping role with very challenging individuals.
Trauma Informed Interventions	When we understand our fundamental processes that underlie traumatic stress, it opens the door to an array of interventions. Participants will learn various intervention strategies for youth in child welfare, as it relates to their trauma/attachment, and key principles of self-regulation. Participants will learn how to become the relational anchor for youth in child welfare, while still maintaining routine, structure, and limit setting. The importance of considering the child's history from his/her point of view, and how to create an environment of physical and emotional safety.
Dimensions of Grief: Tools and Techniques for Helping the Bereaved	This workshop is designed to explore the modern understanding of grief and loss as well as explore how attachment and love influences grief. There are often many misconceptions surrounding grief and loss and there are unique influences on grief. We will discuss the central needs of the mourner, and encourage self-compassion, as well as acknowledge the way in which grief transforms over time.
Using predictive analytics to improve child welfare risk	This workshop will demonstrate how predictive analytics can be used to significantly improve the accuracy and utility of child welfare risk assessment instruments. The presenter will share the

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assessment	findings from a study conducted in Broward County, Florida and discuss the implications for jurisdictions throughout the country.
The Long Run: Helping Treatment Foster Parents Maintain Their Passion & Commitment	Treatment Foster Parenting is not a sprint but a marathon. This presentation will explore strategies for helping foster parents and agencies increase their endurance in facing the inherent challenges of fostering traumatized children. In order to have the stamina to cross the finish line, agencies need to consistently assess the needs of their foster families to best support them and the children in their care. Long term foster parents will provide insight about what's helped them to maintained their commitment and passion. Participants will create a plan to overcome the various hurdles which can lead to foster parent burnout and attrition.
Oh the Places You Will Go!	Keeping foster parents centered on their journey through fostering is challenging for both agencies as well as foster parents. Fostering is a journey that can make foster parents feel like "A Fish Out of Water!" This interactive and fun workshop will provide an opportunity through the eyes of Dr. Suess to learn, share and rejuvenate so that you can better assist your foster parents to be the best possible. We will learn the basics of managing stress effectively and utilize creative strategies to enhance your foster parents fostering experience.
Keys to Independence - Helping Youth in Care Obtain Licenses	The K2I workshop presentation will help caregivers and youth better understand who is eligible, how the program works and what we do to help youth in the program. We will cover the K2I guidelines and any recent changes that have been made in legislation or law.
A Tale of A Few Siblings – Keeping Families Connected	The goal of this workshop is to share life examples and research-based support to demonstrate the advantages maintaining family connections. Additionally, will have interactive discussion about the barriers and solutions for children service professionals, caregivers, and families to maintain connections with children in the foster care system and post-adoption. The objective is to direct activities toward identifying memory building events that foster unity that foster unity, emotional strength, and family communication in families separated by foster care and adoptions.
For the Cause: Advocating Through Experience	Goal achievement for any cause depends on the dedication and hard work of its advocates and some of the most powerful advocacy comes from those with voices who speak from personal experience. Those "lived experiences" become a strong motivating force to effect change. From homes to the courtroom, Youth Support Partners (YSPs) are using their "lived experiences" as proponents of change for those currently involved in child-serving systems and supporting youth to find their own voice in goal setting, planning and advocating for their needs. In this interactive session, participants.
Youth Depression and Suicide	Every year in the US more than 4,800 children, teens and young adult's ages 0-24 die by suicide. Approximately 175,800 others are treated in emergency departments for injuries from self-harm. Although suicide can occur in any family, youth in foster care are at a higher risk for attempting or seriously considering suicide. There are signs and steps that parents, other youth and community members can be on the lookout for so that those at risk can get the help they need. Knowing the warning signs and risk factors can help other's to intervene. Resource parents, friends, teachers and other professionals can also help address the underlying mental health issues and strengthen the factors that protect against suicide.
ACE's (Adverse Childhood Experiences) and Your Health	Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs). Adverse Childhood Experiences have been linked to: risky health behaviors, chronic health conditions, low life potential, and early death. As the number of ACEs increases, so does the risk for these outcomes. The wide-ranging health and social consequences of ACEs underscore the importance of preventing them before they happen. The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect and later life health and well-being. Come and learn about ACE's, what your ACE score means and what you can do with this knowledge to be proactive and build resilience in living your best life possible!
The Cost of Caring-Secondary Trauma and Burnout	Parenting and working with children/youth with trauma histories is rewarding, difficult and demanding all at the same time. Foster Care, Kinship and Adoption bring new experiences and challenges which may affect the child/youth in care, the entire family system as well as those tasked with providing high quality trauma informed services and support. This training will address the Cost of Caring and how to effectively manage secondary trauma in order to protect ourselves from

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	burnout. Come practice how to keep other people's chaos from becoming your own chaos!
FASD and Drug Exposure in Utero	This training will provide current, intellectually accessible and useful information on Drug Use in utero and Fetal Alcohol Syndrome (FAS)/ Spectrum Disorders (FASD) to support professionals, kinship, adoptive and foster parents, increase understanding of in utero substance exposure, reduce frustration, expand the range of effective parenting and classroom interventions, and provide a foundation for parents and professionals to collaborate in an effort to meet the needs of the children/youth. It starts with the idea that brain function equals behaviors which reframes the meaning of behaviors from "won't" to "can't."
Trauma 101	The Trauma 101 training focuses on understanding how trauma impacts the body and the brain, how people adapt to trauma and what we can do as providers, parents and community members to support recovery and resiliency. The Trauma 101 training is not a training on a specific type of intervention. It is focused on how we can use a better understanding of trauma to be trauma-informed. Trauma informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms.