

CONFERENCE INVITATION

26th Annual National Foster Care Conference “Footsteps to the Future”



9 CEU's
Available!

May 15-17, 2019 ~ St. Petersburg, Florida

Exploring Best Practices and Innovations in Foster Care and Adoption

FOOTSTEPS TO THE FUTURE

Invitation from the President/CEO

Dear Colleagues,



I would like to extend an invitation to each of you to the 26th Annual National Foster Care Conference hosted by the Daniel Memorial Institute in beautiful St. Petersburg, Florida. Once again, we have gathered the most knowledgeable and compelling speakers and educators from around the country to make this a premier foster care event that is not to be missed.

Over the course of the conference, you will learn valuable information that will help you improve outcomes for children for your respective foster care programs or for your own individual foster homes. With an expected attendance of over 200 like-minded professionals, the networking opportunities to learn and grow from the expertise and experiences of others in the field will be priceless!

All conference workshops will address the critical issues that affect the children and families that we serve as well as provide solutions to assist them in becoming resilient, motivated members of their communities.

I hope you will join us in St. Petersburg, FL, May 15-17, for "Footsteps to the Future."

Lesley Wells

Conference Hotel
Hilton St. Petersburg Bayfront Hotel
333 1st Street South, St. Petersburg, FL 33701
1-800-445-8667

Hotel charges are not included in conference registration fee.
All hotel reservations should be made directly with the hotel. Attendees should reference "Daniel Memorial Institute" when making reservations. Online reservations can also be made by visiting the conference web page.

\$134.00 per night (single or double) - Reservations must be made by **Tuesday, April 23, 2019** in order to guarantee the discounted group rate. After that date, guest rooms will be released back to the hotel and accepted on a space available basis only. Discounted parking fees: \$8.00 per day self park.



Pre-Conference Institute

Wednesday - May 15

9:00am - 3:00pm

Registration/Information Booth Open
(Refreshments Provided)

10:00am

Pre-Conference Begins

Noon - 1:00pm

Lunch (on your own)

3:00pm

Pre-Conference concludes

Understanding Common Mental Health Diagnosis and Treatment: Mental Health 101

Mental health, diagnoses and treatment continue to be a mystery for most of us while also sounding like some version of alphabet soup complicated by acronyms. Come be a part of an informative training with a therapist who will break down the stigma, stereotypes and clarify the world of mental health. The more you know the better off you will be to advocate for your youth. Feel free to bring lots of questions to this engaging and interactive session!

Presented by: Denise Rice, LCSW, LAC, Therapist, Trainer, HOPEful Healing Training and Consultation, LLC - Colorado Springs, CO

Travel tip:
Please bring a sweater or jacket to ensure your comfort. Room temperatures vary greatly.

PRELIMINARY CONFERENCE SCHEDULE

Foster Care Conference

Thursday - May 16

8:00am - 4:00pm

Registration/Information

Booth Open

(Light breakfast and coffee service available)

9:00am - 9:45am

Opening General Session

Keynote Speaker:

Keith Hosea

Telios Training Solutions

Redlands, California



The Making of a Movement - Our Journey toward Renewing and Transforming the Foster Care System

This presentation focuses on inspiring the individuals that make up the foster care system to pursue their personal best. If the system is made up of people, we can't change the system without helping those individuals to change as well. This presentation will include powerful personal stories about how Keith survived abuse and neglect growing up in what he calls "alternative foster care". These early experiences are what inspired him to engage on a life long journey of youth outreach and advocacy. Every movement begins with a personal challenge to change and migrate....this message is a clarion call to join a new generation of leaders in the making of a movement!

Keith Hosea specializes in working with at risk populations. He focuses on leadership development and personal empowerment of disadvantaged individuals. For 20 years Keith has focused on helping system-involved youth to bounce back from life's challenges through teaching, mentoring and his work as a fierce youth advocate.

10:00am - 11:30am

Workshop Sessions A

(Concurrent Sessions)

A-1 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.

A-2 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.

A-3 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.

A-4 "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-wardy. 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.

A-5 Keys to Independence - Helping Youth in Care Obtain Drivers 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.

A-6 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 burnout. Come practice how to keep other people's chaos from becoming your own chaos!

11:30am - 12:15pm

Lunch (Provided)

12:30pm - 2:00pm

Workshop Sessions B

(Concurrent Sessions)

B-1 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 tattoos, terminology, graffiti

FOOTSTEPS TO THE FUTURE

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.

B-2 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."

B-3 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.

B-4 "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.

B-5 Why Behavior Modification Does Not Work; And, What DOES! (part 1 of 2)

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!

B-6 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.

2:15pm - 3:45pm Workshop Sessions C (Concurrent Sessions)

C-1 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 thinks and behaves 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.



C-2 Super Heroes in [Cultural Diversity] Training

Besides asking questions based upon facts of each case, participants involved in dependency court proceedings will consciously examine when cultural identify considerations should be at play in a case. Participants will also develop a better method of identifying issues of culture, subculture and identity by encouraging a better process of questioning and information gathering. By considering matters of culture, participants will begin to more effectively and speedily balance the rights of parents and determine the best interests of children.

C-3 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.

PRELIMINARY CONFERENCE SCHEDULE

C-4 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.

C-5 Why Behavior Modification Does Not Work; And, What DOES! (part 2 of 2)

Continuation of workshop B-5.

C-6 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.



Friday - May 17

8:00am - 3:30pm

Information Booth Open

(Light breakfast and coffee service available)

9:00am - 9:45am

Opening General Session

Keynote Speaker:

MelissaRoshan Potter

MelRo's Voice LLC

Cincinnati, Ohio



As unique as her name, (MelRo) is an uncommon talent who has modeled internationally for over 15 years. Her work has been seen on more than five magazine covers, billboards, print ads, national commercials, and runways. But what this respected model is most proud of, is owning the title of SurTHRIVER.

From the days of her tumultuous childhood spent in the foster care system, MelRo knew she was meant for more than the abuse she faced sometimes on a daily basis. She aged-out of care, and became a teen parent. Her, and son lived in a teen-parenting homeless shelter for 2 years. It was there that she began to intentionally craft her path to success. Vowing to overcome, she not only later embarked on her own journey toward healing, but also became committed to encouraging others rise from their painful pasts.

She is an ambassador for Children's Rights - a federal agency that uses the law to protect abused, and neglected children. She is involved with several international campaigns that benefit foster-children, and she works tirelessly as a full-time advocate for said children. From teaching workshops on Trauma Informed Care, Trauma Informed Parenting and Adverse Childhood Experiences, she is now a full time foster-parent trainer.

10:00am - 11:30am

Workshop Sessions D

(Concurrent Sessions)

D-1 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.

D-2 Treating Trauma in the Family Setting: Rubber Meets the Road (part 1 of 2)

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.

D-3 Engaging Resource Parents in the Learning Process Through Experiential Education

This workshop will focus on actively engaging resource parents in the learning process through the use of planned experiential activities. Participants will be directly involved in various teaching

FOOTSTEPS TO THE FUTURE

activities and learn to use the Experiential Learning Cycle to process an activity and facilitate contextual learning. Managing participant safety (physical and emotional) will be addressed along with the concepts of challenge by choice and the "five figure contract".

D-4 Exploring Adverse Childhood Experiences, Brain Development, and Trust-Based Relational Intervention

This hands on workshop provides an overview of Trust-Based Relational Intervention (TBRI). TBRI is a holistic approach that is multi-disciplinary, flexible, and attachment-centered. It is an evidence-based trauma-informed intervention that is specifically designed for children who have adverse childhood experiences. We will explore the risk factors for trauma that influence the way children think, trust, and connect with others. A discussion of how these risk factors alter brain development will be included. Attendees will receive strategies and tools to help children along the path to healthy connection and functioning.

D-5 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 maintain their commitment and passion. Participants will create a plan to overcome the various hurdles which can lead to foster parent burnout and attrition.

D-6 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!

11:30am - 12:15pm

Lunch (Provided)

12:30pm - 2:00pm

Workshop Sessions E
(Concurrent Sessions)

E-1 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.

E-2 Treating Trauma in the Family Setting: Rubber Meets the Road (part 2 of 2)

Continuation of workshop D-2.

E-3 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.

E-4 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.

E-5 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. Sues 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.

E-6 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.

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Since 1981, Pressley Ridge has successfully trained **thousands of treatment foster parents** and **139 agencies** in our competency-based curriculum built on decades of research, writing, and experience. Now, your agency can ensure the highest standard of excellence in services with this nationally recognized, comprehensive training package.

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For more information, contact Mike Kaelin at 412-872-9446 or mkaelin@pressleyridge.org.

Pressley Ridge is a social impact organization that strengthens families and communities in Pennsylvania, Ohio, West Virginia, Maryland, Virginia and Delaware. Our services include foster care, mental and behavioral health – offered in home, school, community or residential settings – and specialized education for students, including those with autism and deafness. Each year, nearly 8,000 families find the strength to succeed through Pressley Ridge's 70+ innovative programs – all of which share a common goal of establishing stable families and lifelong relationships.



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Exhibitor Opportunities

Agencies and organizations that would like to showcase their products and services are encouraged to exhibit at this event. Exhibits will be located in high traffic areas central to all breaks.

AUDIENCE INCLUDES APPROXIMATELY 400 SOCIAL SERVICE WORKERS!
(OVER 200 FOSTER CARE PROFESSIONALS, MORE THAN 130 FL ADOPTION PROFESSIONALS AND NEARLY 75 FL INDEPENDENT LIVING PROFESSIONALS)

Advantages of being an Exhibitor at Daniel's conferences:

- ◆ Market your product or service to hundreds of Social Work Professionals
- ◆ Network with influential child welfare leaders from all over the country
- ◆ Enhance your organization's prominence in the social service arena
- ◆ Renew old contacts and generate new relationships
- ◆ Promote your organization in the on-site conference brochure

The Exhibitors fee is \$295 per 6-foot skirted table.

Electricity, projectors, etc. require an additional charge and will need to be arranged with the Conference Hotel.

Please let us know if you received duplicate mailings or if any contact information needs to be corrected. Email to: conferences@danielkids.org



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