

Proposals are still being approved and scheduled. The following is a draft of the presentations scheduled thus far:

<b>Workshop Sessions</b>			
<b>WorkshopNum</b>	<b>WorkshopTitle</b>	<b>Summary</b>	<b>Audience</b>
<b>A sessions (Wednesday, August 28)</b>			
A1	Is IL Really Working? I sure am!	Are you an agency executive or program director? This popular open-forum, roundtable discussion will be a chance for those in the field to share thoughts and ideas on the challenges and successes of their independent living programs. Join in to learn about other approaches as well as to share your own. Facilitated by one of NILA's Founder's Awardees, Mark Kroner.	Adult
A2	Brains, Behavior and Regulation- Understanding Trauma through a new Lens	Our experiences and relationships have all laid a foundation to how we react and respond to a variety of situations and experiences. When trauma is woven into these experiences and interactions, our behaviors may become inappropriate or "maladaptive." Parenting and working with others who have been traumatized is stressful enough, but when you add a child or youth to the mix with a trauma history, the day to day life can be downright exhausting. This session will take a more in depth look at the trauma behind the behaviors, uncover the function of these behaviors (there is a function to every behavior!) and how caregivers and professionals can begin the process of responding to our children from a trauma sensitive perspective!	Adult
A3	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.	Adult
A4	Leadership in Developing a Transition Program for Youth Aging Out of Residential and Foster care	This workshop will provide an overview of one agency's approach to developing a continuum of care to meet the needs of young adults who are transitioning from care and into the community. Participants will be provided with rationale for the program and insight into the need for developing programs to meet the specific needs of each young adult. Program areas discussed will include advanced education, aftercare and independent living. Strategies used for helping young adults be successful will be discussed and areas of growth and outcome measurement will also be addressed.	Adult
A5	Building Capacity for Foster Youth Through Enhancing Cultural Humility	Assisting kin and non-kin families to be welcoming and supporting to all foster youth and assisting organizations to recruit a diverse group of caregivers, within youth's communities of origin, is key in expanding capacity. This workshop will explore the importance of providing outreach and training to staff and carers utilizing youth voice to build awareness and understanding to be supportive of diverse cultures, including LGBTQ youth. Various ways this information can be utilized to develop your agencies cultural competency plan will be discussed.	Adult
A6	Diagnosis Meanings And Treatment Options	The purpose of this workshop is to provide clarity and insight regarding the development of mental illness, diagnosis, and offer treatment strategies. One of the goals of this workshop is to break the stigma of mental illness in the minority community while offering quality service and treatment to all.	Adult
A7	Self Care is NOT Selfish!!	"Self Care is giving the world the best of you, instead of what's left of you." This workshop will encourage, inspire and challenge "HELPERS" to incorporate small, but meaningful, self care habits into their daily routine. You will experience an array of small self care habits you can do each day that are free & low cost. Join us for 90 minutes of PEACE, RELAXATION & REJUVENATION, this workshop is all about YOU!	Adult
A8	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 that .	Adult
A9	Implications of Attachment Issues: Childhood Through Adult	We have all heard the words "attachment issues", "attachment disorders". and "reactive attachment disorder". While all of these diagnoses have a significant impact on one's ability to have healthy relationships, it is important to take a look at how, when not addressed in childhood, an adult will navigate the world when	Adult

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		the stakes are much higher. By looking at the different styles of attachment, some fairly predictable outcomes can be made regarding intimacy, having reciprocal relationships, work scenarios, and the future attachment with one's own children.	
Bonus Session	Shazam!	Have you ever wanted to be a superhero? Well now is your chance! Come and enjoy a night of movies and popcorn and earn your superhero status! <i>(All attendees are welcome)</i>	Youth
<b>B sessions (Wednesday, August 28)</b>			
B1	Permanency isn't always Permanent: The Role of the IL Field in the Permanency Process	Persistent permanency efforts around the country have made an impact on connecting many child welfare children and youth with hopefully lifelong connections. However, there are still over 23,000 youth and young adults who age out of the system every year who need housing and supports services. This is actually more than the number of youth aging out in 1986 when the Independent living Field was formally created. Who are these young adults and how can Independent Living Services help them achieve the best possible outcomes as they leave care.	Adult
B2	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.	Adult
B3	Real Support for Direct Support Staff	There are simple, scientifically grounded ways to maintain our own well-being while we care for others. In this workshop, we will explore, identify and practice 3 brain based strategies for employee well-being that can also be taught and used for clients. This parallel process of recovery is a powerful means for navigating the toxic stress we experience in the workplace. AND, the workshop is dynamic and fun! Join us!	Adult
B4/C4	Unpacking the No: Developing the Relationship	You believe in and are committed to permanency for all children regardless of age; yet still you struggle to make this happen for older youth. What are older youth really saying when they say "No" to permanency? What is required in a relationship with older youth and the professional team to develop the trust needed to have them believe permanency is possible? This workshop will provide foster parents and professionals with information and insight into developing a successful relationship with youth and helping them look beyond their initial fears.	Adult
B5/C5	"Stop that or else!" Responding therapeutically to challenging behavior	"If your only tool's a hammer, everything looks like a nail," Abraham Maslow once observed. When frustrated foster parents and caretakers are confronted with manipulation, disrespect, and defiance, it may be easy to rely on punitive consequences, hoping to 'pound' misbehavior into compliance. However, behaviors exhibited by foster children and others in care seldom have simple sources or solutions. Furthermore, punishment can sometimes backfire, causing even more trauma. This practical workshop first introduces a powerful model for therapeutic decision making, then offers specific behavioral and trauma-informed strategies to calm crises.	Adult
B6	The Neuroscience of Teaching Teens: What's Hot and What's Not	The first half of the session explores the neuroscience of learning. We'll discuss the "3 brains," how we are biologically programmed to resist behavior change and learning new things, and tips for how to overcome it. In the second half, we'll look at teaching tools and techniques to see what stands the test of time, what needs to go, and new approaches and tools to explore.	Adult
B7	Resiliency: It's not just for our families (Supporting employees as they support others)	This engaging and interactive workshop will explore the topic of workforce resilience and why it matters. The facilitators will guide participants through leadership styles to support child welfare employee resilience and provide techniques to share with employees.	Adult
B8	Danger Warning! Understanding the Dynamics of Social Media Human Trafficking	During this session attendees will learn to recognize signs of Social Media Recruitment and how traffickers lure their victims on the internet. Attendees will learn about the dangerous of popular social media sites and apps. This session will also discuss popular Emojis and their hidden meaning used to communicate sexual gesture when texting or communicating on internet sites and social media apps.	Both Adult & Youth
B9	Increasing Self-Sufficiency in Youth Through Harm	The goal of self-sufficiency can be accomplished in many ways, including creating and maintaining permanent supportive relationships. Often, youth in foster care struggle to maintain concrete supports, which can lead to instability	Both Adult & Youth

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	Reduction and Strengthening Informal Supports	and threatens self-sufficiency. This workshop will address the importance of informal supports and strategies for service providers to support youth in strengthening their individual informal support systems.	
B10	Square One Pathways: Preparing Students for Success in the New Economy	Based on their interests, abilities and values, let's help teens and young adults find the shortest term, least expensive way for them to explore their potential pathway to a career. Depending on the field of interest, a college degree may or may not be necessary. Let's explore their options, while supporting their health and well-being by affirming their worthiness & helping them identify a meaningful field of work and encouraging them to connect with others to build their network.	Both Adult & Youth
B11	Transitioning youth from surviving to thriving in adulthood	Connections to Independence (C2i) works with youth in and aging out of the foster care system ages 15-24. Come learn how C2i incorporates five basic core components to achieve amazing outcomes: 98% of youth graduate high school and or receive their GED, 60% of youth go on to post-secondary programs, 69% have maintained employment and 89% have stable housing. Staff and youth participants will share with you how the programming and services of C2i are able to achieve outcomes that are creating bright futures for this population of youth who's futures seem bleak by national statistics. There will be a youth panel in another session to learn more in depth information directly from C2i youth.	Both Adult & Youth
B12	Killer Confidence: Six Minute to Success	Often times, foster care graduates lack confidence. This course will give you simple and easy ways to quickly build your confidence and not only put you back in the game, but put you ahead of the competition in ways you never thought possible. Confidence may not come naturally for everyone, these tools and tricks will make you look like a natural.	Youth
B13	Shhh...don't tell - The Dynamics of Secrets	Do you remember the first secret you ever kept? Do you remember the first time someone you trusted betrayed your confidence? This session examines four different types of secrets and the role each plays in creating or undermining positive relationships. The session will also examine the challenges associated with "opening" secrets in our partnerships with youth when there is insufficient time to address needs effectively. Participants will identify ways to discuss secrets in therapeutic ways while an emphasis on trauma-informed interventions.	Youth
<b>C sessions (Wednesday, August 28)</b>			
C1	Helping Youth Thrive Through Social Connections	We live our lives in connection with other people, depending on others to provide guidance, love, support, and assistance in making major life decisions. Making and maintaining these connections is sometimes more difficult for youth in foster care. Faced with multiple placements, disrupted attachments, and toxic or exploitive relationships, youth-in-care face greater challenges than most of us. Join us as we explore ways to improve communication and trust between youth and caring adults to assist youth in developing important, lifelong connections.	Adult
C2	Living in the System	Living in the system is an interactive workshop between the presenter and the audience . You will hear it straight from a youth on what it is like to be taken out of their home and placed in the child welfare system. The Presenter will explain the anger and trauma a youth goes through when taken away from their family, but at the same time loving their family despite all obstacles. The Presenter will help Workers in the field on how to reach difficult youth and provide support to them.	Adult
C3	Facing your F.E.A.R.s	Facing Your FEARS: Balancing Feelings, Expectations, Aptitudes, and Reality in Work with Youth. This session will be an interactive opportunity for participants to examine how their beliefs about the work we do impact their abilities to withstand the challenges that come with doing the work. Vicarious trauma, secondary stress, compassion fatigue may all be the result of a "caring crisis". Knowing how, when, and to what degree we can absorb our experiences while maintaining the ability to be positive, efficient, and effective is paramount to ongoing efforts with youth.	Adult
C4 B4/Continued	Unpacking the No: Developing the Relationship	You believe in and are committed to permanency for all children regardless of age; yet still you struggle to make this happen for older youth. What are older youth really saying when they say "No" to permanency? What is required in a relationship with older youth and the professional team to develop the trust needed to have them believe permanency is possible? This workshop will provide foster parents and professionals with information and insight into developing a successful relationship with youth and helping them look beyond their initial fears.	Adult
C5 B5/Continued	"Stop that or else!" Responding therapeutically to challenging behavior	"If your only tool's a hammer, everything looks like a nail," Abraham Maslow once observed. When frustrated foster parents and caretakers are confronted with manipulation, disrespect, and defiance, it may be easy to rely on punitive consequences, hoping to 'pound' misbehavior into compliance. However,	Adult

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		behaviors exhibited by foster children and others in care seldom have simple sources or solutions. Furthermore, punishment can sometimes backfire, causing even more trauma. This practical workshop first introduces a powerful model for therapeutic decision making, then offers specific behavioral and trauma-informed strategies to calm crises.	
C6	Are you using the C.H.A.N.G.E. formula?	There are so many distractions in life, how much time do you spend being present and communicating at your best? When there are deadlines, reports, guidelines and on top of all that you still have to manage life. How can you be a more effective leader, communicator, and delegator? In this talk, Vernon shares a three-step formula to go from frustration to being energized and finding humor in the most trying times.	Adult
C7	Successful Strategies for Understanding and Working with Adolescents	Through the use of humor and a fresh look at adolescents, we will explore this challenging stage of development and rediscover why we chose to work with youths in the first place. We will examine the developmental tasks and characteristics of adolescents with special attention paid to the behaviors that fall within and outside of "normal" adolescence. Adult attitudes towards youth will be examined, as well as the impact that these attitudes and beliefs have on our ability to work successfully with this population. This seminar will enhance your understanding of the concepts of Positive Youth Development and Asset Development and explore how to integrate these philosophies into your work.	Adult
C8	L.I.T. (Leaders Inspiring Transformation) Youth Leadership Development Workshop	This workshop focuses on youth leadership development. We want to train and inspire a new generation of current and former foster youth to become the leading voices of change and transformation to the social welfare system. In this workshop youth will participate in fun high energy activities that infuse hip hop and pop culture into leadership lessons that teach them how to avoid the pitfalls of following false paradigms for leadership often portrayed in modern media. Join us if you are ready to get L.I.T.!	Both Adult & Youth
C9	College is Possible: Maximizing Resources to Address Mental Health Issues	Youth in foster care face multiple barriers to college completion. One such barrier is mental health. Youth who transition from foster care to college experience mental health challenges at much higher rates than their peers. In spite of these barriers, college completion is possible. Two areas that are not often addressed while in college, but impact college completion, are mental health issues and mental health service utilization. This workshop will discuss those challenges and review practical strategies for maximizing campus resources to address the mental health needs of youth.	Both Adult & Youth
C10	Navigating the Post-Secondary Education Pathway for Foster Youth	This workshop will help attendees understand the unique challenges that face youth who age out of foster care as they traverse through the post-secondary education process. The presentation will underscore the importance of aftercare service providers and post-secondary institutions creating partnerships to assist youth aging out of foster care realize their educational goals. In addition, the presentation will highlight the resources available to current and former foster youth as they pursue post-secondary education. Participants will have an opportunity to discuss the potential barriers and solutions.	Both Adult & Youth
C11	The Truth About Transitioning Out of Care: A Youth Voice Perspective	Come learn from a youth's perspective what it's like coming of age in the foster care system. Youth panelists will talk about their experience in care and what their journey has been like as they transition into adulthood. The facilitators will guide this conversation around the services youth received from Connections to Independence (C2i) and how these services were instrumental during this process. Youth will share the brutal truth about their experience and how they achieved their goals. This is an open dialogue for youth and adults to learn and share in a safe forum so we will all leave with a sense of hope and positive outlook for this population that outcomes sometimes seem so dismal.	Both Adult & Youth
C12	Escape to Independence	CAUTION "Independence is right around the corner" but the path to get there will not be easy!!! In order to breakaway and make this life changing transition you will need to follow clues, solve puzzles and crack codes that will help you escape the system and transition into adulthood successfully.	Youth
C13	Chase the Bag; Don't Let the Bag Chase You!	Money works for you when you know how to work it. Participants will be able to list the five basic steps to making sound financial decisions. Participants will engage in self reflection activities that will help them to better understand their current spending habits, needs, and goals. Participants will create a work plan that will list the steps to move them towards financial independence. It doesn't matter how much money you start with. The steps will work if your work them.	Youth

**D sessions (Thursday, August 29)**

## Workshop Sessions

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D1	Housing Options for Independent/Transitional Living Programs	A 35 year IL veteran will share his experiences and research on housing for youth aging out of foster care. Learn about various housing options, funding sources, common problems, supervision risk-management, dealing with landlords, measuring outcomes and more. Come with any and all questions about how to develop housing for older youth in your community.	Adult
D2	Effectively Engaging Young People	Having a hard time reaching teenagers? not really sure if you are gaining ground with the methods currently being used. Stephanie Keahey helps to bridge the gaps between the services being provided and the person(s) receiving the services you provide to help establish effective, meaningful relationships with the population you serve . Effective engaging of young people results in less homelessness and more successful entry into the amazing world of independence after foster care.	Adult
D3	Restoring the Dignity of the Family	Why is the family unit so dysfunctional? Luke and Corina look at the system that has been constructed over the last 50 years to help families. They analyze the patterns and flaws contained within that system and offer practical solutions to those needs. The common claim is these families are underserved, but Luke and Corina argue that the services are misplaced. These claims will be made with statistics and stories from across the nation.	Adult
D4	Deeper Than Love	“Deeper Than Love” will look at piece by piece the concept of Prevention, Intervention and Suppression and take you one step further. The presentation will also look at, “The Stone Theory on Gang Relationships, Memberships and Exit Strategies” dealing with it in 5 steps. Fascination, Infatuation, Dedication, Separation and last but certainly not least the Exit Strategy with this presentation you will understand your role as a youth worker and destructive life style deterrence for the youth and community you serve.	Adult
D5/E5	Transformational: Learn to create relevant, and impactful life skills programming	Creating and improving relevant and comprehensive life skill programming through youth buy-in and assessment. Participants will become a part of an interactive presentation that mimics an Our Friends Place skill’s night. Participants will explore resources and strategies to collaborate with youth to provide programming that gives them tools to operate in today’s world, now! The group will also create a working definition for life skills, complete a life skills program delivery assessment, and walk away with a starting point for creating a skills program relevant to those they serve.	Adult
D6/E6	How to Create Your Own Residential Independent Living Program	If you are motivated, professional and caring...looking to recreate your own healthy home, designed to empower youth in their journey, from dependence to independence, consider the framework of our Community Living Program. A structured curriculum is facilitated each day that holds residents accountable to the outcomes that we want for them, like graduating from high school, getting good paying jobs, and making homes of their own. The CLP promotes a productive environment that encourages internal navigation and self-initiative.	Adult
D7/E7	Rethinking Challenging Kids: Collaborative Problem Solving	Kids do well if they can, not because they want to. In this session, led by a foster and adoptive parent, we'll explore the foundations of Collaborative Problem Solving, an evidence-based approach to challenging behavior that is grounded in what kids need most: relationship and skills. Participants will leave the session with concrete skills they can put to use right away, with even the most challenging kid. Join us to learn what families across the US have already discovered: where there's a skill, there's a way.	Adult
D8	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!	Both Adult & Youth
D9	Social Media and Human Trafficking	This interactive workshop will introduce participants to the ways social media is used to identify, connect, groom, and then involve youth in exploitive and trafficking situations. The attendees will discuss commonly used techniques,	Both Adult & Youth

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		profiles, and language. Participants will also have the opportunity to share what they have seen while conducting prevention or simply while searching to make a meaningful connection with others.	
D10/E10	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.	Both Adult & Youth
D11	"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.	Both Adult & Youth
D12/E12	Igniting the fire within	Have you ever woke up and just felt defeated? The truth is everyone experiences those days. This interactive workshop will take you on a journey through social media fads, music, and movie clips that will help you to reignite the fire within YOU. The passion that burns in your soul helps to sustain you through difficult times. This fire creates the energy necessary to overcome obstacles and solve problems. It also creates the momentum to take you closer to realizing your dreams. Sometimes the fire that fuels your passion can flicker and burn out. With no flame to show you the way, you can become discouraged. When the flame is gone, you may begin to feel hopeless and feel like giving up. When this happens, you will need to find new ways to become reenergized. Join Shalondra as she helps you to rediscover, reignite, and refuel the superpower within YOU.	Youth
D13	What are you selling?	What's your brand? Too often young adults affiliated with the foster care system are seen first by what is listed in their files and not who they are as individuals. Positive branding can provide a different way for peers, foster parents and social workers to view and interact with young adults transitioning through care. Let's re-brand the message to get the results we want.	Youth
<b>E sessions (Thursday, August 29)</b>			
E1	"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.	Adult
E2	Starting an Independent Living Program with Housing	Running a successful Independent Living Program requires a high level of flexibility in policies and programming when working with Transition Age Youth. This workshop will present information and material on how to successfully start and run an independent living program with transitional housing. Presenters will touch on utilizing diverse funding streams and best practices in transitioning TAY to independence and adulthood while focusing on 7 independent living domains.	Adult
E3	Knowledge to Action: Helping Teens to Access Sexual Health Services	This workshop is an opportunity for Social Service professionals to become trained in Knowledge to Action – a lesson that educates youth about minor's rights and accessing teen-friendly health services. Presenters will also share how we strengthened the capacities of Social Service professionals in North Carolina to implement Knowledge to Action with youth in foster care, strengthen local Departments of Social Services' referral processes for sexual and reproductive (SRH) health care services, and our efforts to connect youth in foster care to SRH health care services in their communities.	Adult
E4	Introduction to ILS Certification	Daniel Memorial Institute is proud to launch the nation's first on-line Independent Living Specialist Certification! This workshop will present an overview of the on-line course content and samples of each of the 12-module courses. Some of the areas of curriculum focus are Education & Employment, Health, Special Needs Youth, Mental Health and Housing in the Transition Process. The certification will give new and seasoned IL professionals a comprehensive look at the history, legislation, concepts, program components and operational issues that make up this challenging field. Kathi Crowe and Mark Kroner, the developers of the course	Adult

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		each have over 32 years in the Child Welfare and Independent Living fields and have been involved at the local, state and national levels since the field began in 1986. Attend this session to be one of the first in the field to learn of this new certification credential.	
E5 D5/Continued	Transformational: Learn to create relevant, and impactful life skills programming	Creating and improving relevant and comprehensive life skill programming through youth buy-in and assessment. Participants will become a part of an interactive presentation that mimics an Our Friends Place skill's night. Participants will explore resources and strategies to collaborate with youth to provide programming that gives them tools to operate in today's world, now! The group will also create a working definition for life skills, complete a life skills program delivery assessment, and walk away with a starting point for creating a skills program relevant to those they serve.	Adult
E6 D6/Continued	How to Create Your Own Residential Independent Living Program	If you are motivated, professional and caring...looking to recreate your own healthy home, designed to empower youth in their journey, from dependence to independence, consider the framework of our Community Living Program. A structured curriculum is facilitated each day that holds residents accountable to the outcomes that we want for them, like graduating from high school, getting good paying jobs, and making homes of their own. The CLP promotes a productive environment that encourages internal navigation and self-initiative.	Adult
E7 D7/Continued	Rethinking Challenging Kids: Collaborative Problem Solving	Kids do well if they can, not because they want to. In this session, led by a foster and adoptive parent, we'll explore the foundations of Collaborative Problem Solving, an evidence-based approach to challenging behavior that is grounded in what kids need most: relationship and skills. Participants will leave the session with concrete skills they can put to use right away, with even the most challenging kid. Join us to learn what families across the US have already discovered: where there's a skill, there's a way.	Adult
E8	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.	Both Adult & Youth
E9	Foster Youth Informed and Involved: Improving Youth Participation in Case Planning	What are the challenges to youth participation in their case plan? How can youth leaders, professionals, courts and caregivers support youth to participate and as they plan for life beyond foster care? Check out FosterClub's recently redeveloped tool, the FYI Binder, which assists youth in keeping track of important documents, contacts, and resources. Concepts presented include youth participation in their case plan, self-advocacy, and navigation of the system. Participants will leave the workshop with a code to order a copy of the FYI Binder at a discounted price.	Both Adult & Youth
E10 D10/Continued	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.	Both Adult & Youth
E11	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.	Both Adult & Youth
E12 D12/Continued	Igniting the fire within	Have you ever woke up and just felt defeated? The truth is everyone experiences those days. This interactive workshop will take you on a journey through social media fads, music, and movie clips that will help you to reignite the fire within YOU. The passion that burns in your soul helps to sustain you through difficult times. This fire creates the energy necessary to overcome obstacles and solve problems. It also creates the momentum to take you closer to realizing your	Youth

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		dreams. Sometimes the fire that fuels your passion can flicker and burn out. With no flame to show you the way, you can become discouraged. When the flame is gone, you may begin to feel hopeless and feel like giving up. When this happens, you will need to find new ways to become reenergized. Join Shalondra as she helps you to rediscover, reignite, and refuel the superpower within YOU.	
E13	Live Your Best Life!	You and your friends are going through a lot and are experiencing significant changes in your lives. While this can be an exciting time, it can also cause a lot of stress and anxiety. Let's discuss what these changes look like, the feelings that sometimes come with those changes, and ideas to help in honing our skills in noticing if something is going on with our friends. Join us as we brainstorm ideas for activities you can use to help in easing the stress of being a fabulous teenager!	Youth
Bonus 1	Serving Your State as a Youth Ambassador	This session led by current and former foster youth between the ages of 16 and 25 years of age will challenge on how others can serve their State as a youth voice and advocate. Through their own personal stories they will encourage and offer insight using their experience and knowledge to give ideas about how real changes can be made in the foster care system. Attendees will also learn how Alabama has developed and recruited youth for their State board. The session will conclude with time for Q & A.	Both Adult & Youth
<b>F sessions (Friday, August 3029)</b>			
F1	Grief- It's ok to not be ok	Grief is a natural feeling that is experienced in some of the most trying times of our lives but how do we survive it? How do we make it through? Its ok to not be ok! I will discuss different types of grief, the 5 steps of grief and helpful tips for individuals experiencing grief or how to assist someone that is grieving. I will also provide a list of resources and reading materials that will assist the grieving. It's ok to not be ok!	Both Adult & Youth
F2	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.	Both Adult & Youth
F3	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.	Both Adult & Youth
F4	Growing FAAYT	FAAYT (Foster and Adoptive Youth Together) is the Youth Group in Las Vegas, Nevada. Before August 2018, FAAYT struggled, but the group has gone from 1 youth to over 30 attending consistently. FAAYT applied for a City of Las Vegas YNAPP grant (for youth), and were awarded the grant to give back to the community. In April 2019, FAAYT put on their own "Arts in the Park" event. This has united officers and other FAAYT members and we are still growing! FAAYT will present what has made this all work!	Both Adult & Youth
F5	Discovering Hope: Inside the mind of a survivor	Cole Ian will share her testimony as a survivor of child abuse, being trafficked out at 2 years old and how she developed Complex- Post Traumatic Stress Disorder and Dissociative Identity Disorder. Cole will share the effects of Childhood trauma. We will focused on the results of child abuse with details information on PTSD ( Post Traumatic Stress Disorder) , DID ( Dissociative Identity Disorder) ,Depression, Self harming, and suicide.	Both Adult & Youth
F6	Historic Opportunity for Change: Youth Perspective in Implementation of the FFPSA	Have you been following the historic new Family First Prevention Services Act (FFPSA)? Curious about the impact on foster care in your state? Want to learn how youth expertise can inform and influence implementation? Join an interactive dialogue with young leaders. Discuss opportunities and priorities regarding prevention services, ensuring appropriate placements (including congregate care/group home placements), post-permanence supports, and improved supports for older youth, including Chafee and ETV services.	Both Adult & Youth
F7	Intentional Choice	How can you change your day in one second? Make an intentional choice. It sounds so simple, but most of us go through our day in a "muscle memory" phase, just going through the same motions of yesterday. This course will	Both Adult & Youth

## Workshop Sessions

WorkshopNum	WorkshopTitle	Summary	Audience
		challenge attendees to stop “going through the motions” and to start being intentional when making profession and personal- LIFE- choices each day. There will be discussion on how this can improve a person’s commitment to their work and their commitment to self care- for workers, caregivers, and youth.	
F8	How to Start a FosterClub Community	Bring FosterClub’s magic to your organization! Learn what it takes to start and host a FosterClub Community. A FosterClub Community is a research-supported program which can be used as a start-up, or as an overlay to existing Independent Living Programs. It builds youth capacity using FosterClub’s SPARK Curriculum, an innovative Club Mentoring model, and Full-Circle Facilitation method. Learn how to give youth, ages 10 to 24, who have experienced foster care the same fun and interactive learning experiences the FosterClub All-Stars receive.	Both Adult & Youth
F9	LGBTQIA + Foster Youth	We will provide important information for anyone working with Foster Youth to help them learn about LGBTQ (lesbian, gay, bisexual, transgender, and questioning) youth in the child welfare system, the unique risks they face, and the important role that YOU can play in reducing those risks. In this course, you can expect to learn: Unique risks LGBTQ youth in foster care face How to create a welcoming home/space for youth How to promote a young person’s health and well-being in the community The meaning of gender expression, gender identity, and sexual orientation Things that should be considered when choosing the proper health care and mental health providers Effective practices for improving school climate for LGBTQ youth and Youth perspective on being LGBTQ in foster care.	Both Adult & Youth
F10	Effective Communication Skills for Romance, Work, and Other Relationships	The way we communicate determines how we present ourselves to the world. Whether we are with family, co-workers, instructors, or making your moves on that special person that doesn't know you exist, using good, clear, respectful communication will give you the edge you need. Come learn the different styles of communication and how you can find more success in your life. This workshop is interactive and fun for the participants.	Both Adult & Youth