

# *34th Annual* **“Growing Pains 2022”** *For adults and youth*

17+ CEUs  
Available!



*National Independent Living Conference*  
*August 30-September 2, 2022 - Orlando, Florida*

*Exploring Best Practices and Innovations in Independent Living*

# GROWING PAINS 2022

Dear Colleagues,

I am pleased to welcome both returning and new participants to the 34th Annual National Independent Living Conference, hosted by the Daniel Memorial Institute, in the magical city of Orlando, FL. We are thrilled you are here to participate in this spectacular annual event!



I want you to know that even in the midst of these challenging times, we have continued being diligent in our efforts to provide you with the most knowledgeable, compelling speakers and educators from around the country to enhance your IL training experience. In addition, all of the conference workshops are designed to provide solutions to the most critical issues and challenges that directly affect the youth we serve.

Over the next few days, you will learn about a comprehensive variety of evidenced-based and promising practices that will help you promote improved outcomes for the teens in your independent living and group home settings. I am confident this conference will also offer you great networking and growth opportunities with experts who are eager to share their applicable experiences.

We hope you will thoroughly enjoy this conference and leave feeling it was the "best one yet!"

With Warm Regards,

*Lesley Wells*

Lesley Wells, President/CEO  
Daniel Memorial, Inc.



DANIEL MEMORIAL  
INSTITUTE

## Conference Hotel

Hotel charges are not included in conference registration fee.

This year's conference will be held at the **Rosen Centre Hotel** (9840 International Drive, Orlando, FL 32819). In addition to an array of recreation activities onsite, the hotel offers the perfect base to explore Orlando's world-famous attractions—all within minutes.



Parking Fees discounted to \$10 per day for conference attendees



## Conference Questions?

### Contact Information:

#### Daniel Memorial Institute

Stephanie Waugerman, Associate Director of Conferences

4203 Southpoint Blvd. - Jacksonville, FL 32216

p: (904) 296-1624

conferences@danielkids.org; www.danielkids.org

## Do you need CEUs for licensure/credentials?

Make sure to pick up a CEU form from the conference registration desk and fill in each of your selected workshops. After attending each session, have facilitator or any conference staff sign off on the form. To receive credit for your attendance, follow the additional instructions provided to submit your completed CEU form.

## Continuing Education Units

Daniel Memorial is approved for CEUs by the Florida Board of Clinical Social Work, Marriage and Family Therapy, Mental Health Counseling and Certified Master Social Worker. Provider # 50-481, expires 03/31/23. Individuals needing CEU filing will be assessed an administrative fee of \$20. It is your responsibility to contact your local licensing/certification board directly to determine CE eligibility and filing requirements in your state.



# SCHEDULE AT A GLANCE

## TUESDAY, AUGUST 30, 2022

9:00 am - 6:00 pm	Registration/Information Booth Open
10:00 am - 3:00 pm (Concurrent Sessions)	Pre-Conference Institutes <i>(lunch on your own)</i>
7:00 pm - 8:00 pm	Welcome Dessert Reception

## WEDNESDAY, AUGUST 31, 2022

7:30 am - 4:00 pm	Registration/Information Booth Open Exhibitor/Resource Fair Open
9:00 am - 10:15 am	Opening General Session
10:30 am - 12:00 pm (Concurrent Sessions)	Session A Adult Workshops Youth General Session
12:00 pm - 1:00 pm	Lunch <i>(provided)</i>
1:00 pm - 2:30 pm (Concurrent Sessions)	Session B Workshops
2:45 pm - 4:15 pm (Concurrent Sessions)	Session C Workshops

## THURSDAY, SEPTEMBER 1, 2022

8:00 am - 3:00 pm	Registration/Information Booth Open Exhibitor/Resource Fair Open
9:00 am - 10:15 am	General Session II
10:30 am - 12:00 pm (Concurrent Sessions)	Session D Workshops
12:00 pm - 1:30 pm	Lunch <i>(On your own)</i>
1:30 pm - 3:00 pm (Concurrent Sessions)	Session E Workshops

## FRIDAY, SEPTEMBER 2, 2022

8:30 am - 11:00 am	Registration/Information Booth Open Exhibitor/Resource Fair Open
9:00 am - 10:30 am (Concurrent Sessions)	Session F Workshops
10:30 am - 12:00 pm	General Session III <i>Brunch Served</i>

### KEY TO WORKSHOP NUMBERING:

**P:** The letter indicates the session (P = Pre-conference, A = A sessions, B = B sessions, etc)

**3:** The number represents the sequential session number

**(Audience)** The parenthesis indicates the intended audience (Adult, Youth or Mixed)

## IMPORTANT CONFERENCE INFORMATION

*Please read!*

### Workshop Locations

Each workshop description includes the specific room location of that workshop. See meeting space map for details.

### Adult, Youth or Mixed Workshops

Adult or Youth workshops are determined by the appropriate topics applicable (not necessarily by age). Adult workshops are geared to professionals working with youth in independent living and foster care programs whereas the youth workshops are geared to those needing to develop the skills necessary to transition into independent living. We also offer mixed workshops appropriate for both adult and youth audiences.

### Conference Attire

For adults: business casual. Youth: acceptable casual wear is jeans, t-shirts, sundresses, appropriate shorts. Shorts, skirts, dresses, or skorts, should be at least mid-thigh. Undergarments should not be visible. No droopy pants or exposed midriffs.

### Meals

Breakfast breads and refreshments will be provided for attendees on Wednesday and Thursday mornings. Selections will include bagels, muffins, croissants, danish, breakfast pastry, coffee, tea and juice. *For alternate selections, please visit the nearby eateries.*

Lunch will be provided on Wednesday. Beverages will be available on Tuesday and Friday mornings and brunch will be served during the closing session on Friday. *Special dietary meal requirements must be arranged with the conference director at least 24 hours prior to the meal function. Requests made without sufficient notice may not be accommodated.*

### Evaluations

To help us plan for future conferences, we ask you to complete the evaluation form as you go through each day (found in your conference packet) and return it to the registration desk at the end of the conference. This information is very helpful in planning future successful events. It is *imperative* that you include the workshop number in order to know how the feedback relates to which session.

### Certificate of Attendance

Complimentary Certificates of Attendance will be available to all attendees at the Information Booth on Friday, after the closing session.

### Recycling

We happily reuse name badges! Before you leave to go home from the conference, drop your badge at the registration desk for recycling.

# KEYNOTE SPEAKERS



**Adrian M. McLemore**

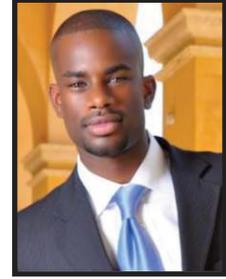
Adrian McLemore was a previous Daniel Memorial Conference youth attendee for several years. Now armed with a commanding stage presence and a compelling life story that combines humor and humility. Adrian has inspired and delighted audiences across the country for more than a decade as a professional speaker and trainer. Adrian encourages his audiences to embrace the challenges of life and strive to see the bigger picture. Widely known for being authentic on stage and having a unique gift to connect with his audience; especially young people. Adrian seeks to live out his passion of serving others with his talents, expertise and education.



**Antonio D. Grate**

With great transparency Antonio shares a motivating, inspiring, and empowering message on how to strategically get over the hurt, disappointment, and anger that plague so many of us today. His tag line BEGRATEFUL is a message that's designed to bring about hope, healing, restoration, love, and victory in the lives of his audiences.

It is his mission to tell his story of how he has overcome insurmountable odds to now live a life of joy, peace, happiness, and love. His passionate delivery and heartfelt sincerity touches the hearts of listeners and leaves them wanting more.



**Lucas D. Boyce**

Mr. Boyce is a Motivational Speaker for Overcoming Adversity, Former Executive for the NBA Orlando Magic, Author of "Living Proof: From Foster Care to the White House" and currently serves as the Assistant to the County Administrator for Orange County Florida Government. He travels across the country sharing his inspirational messages focused on servant leadership, teamwork, overcoming obstacles, and making a positive impact in the lives of others.

The Rosen Centre Hotel has generously offered to sponsor 2 complimentary one-day I-Ride Trolley Pass, per guest room, to use during your stay in Orlando!

## **What is the I-RIDE Trolley Service?**

The I-RIDE Trolley is the exclusive, convenient and affordable transportation to hundreds of exciting destinations within the International Drive Resort Area. Visit the Official I-RIDE Trolley website at [www.iritetrolley.com](http://www.iritetrolley.com).

By using the area's exclusive and convenient I-RIDE Trolley service you can sit back and ride up and down the miles of fun that make up the International Drive Resort Area.

Discover how this wonderful, cost-saving amenity takes the parking and driving hassles out of your vacation and lets you cruise the Drive in charming style.

\* When Does the I-RIDE Trolley Operate? Daily from 8:00 a.m. - 10:30 p.m.

\* Where Does the I-RIDE Trolley Go? The I-RIDE Trolleys travel exclusively throughout the International Drive Resort Area. Refer to the I-RIDE Trolley Route map for specific locations of Red Line and Green Line Stops.



10:00a-3:00p

Registration Location: *Registration Desk 2 - Lunch is from 12:00 pm to 1:00 pm (on your own)***P1 (Adult)**

Location: Salon 17

**Developing A Comprehensive Transition System Of Care For Older Youth**

Spend a day with one of the highly respected veterans in the field of independent living. Learn how to develop a continuum of successful independent living services from pre-independent living preparation for foster youth to a variety of living arrangement options for teens going out on their own. Mark Kroner has been passionately involved in the Independent and Transitional Living fields for over 30 years as a 22 year program director, life skills trainer, national advocate, researcher and consultant. He has trained thousands of professionals nationwide and will share his ideas on training, housing, funding, permanency outcomes and getting the whole system involved. If you are starting an independent living program or are looking for ways to enhance your existing program, then this institute is for you. *Presented by: Mark Kroner*

**P2 (Adult)**

Location: Salon 15

**Understanding the Dangers of Sextortion and Social Media Recruitment**

Investigators has seen a massive surge in the number of cases involving youth being threatened and coerced by adults into sending explicit images online or via Social Media Application. This is a crime called sextortion and is punishable by law on both the Federal and State of Florida Nexus. According to the FBI,

Sextortion can begin on any computer site, social media site, app, or game where people meet and communicate. In some cases, the first contact from the criminal will be a threat.

Social media is increasingly being exploited to contact, recruit and sell children for sex. Some traffickers use online ads to target victims or they will send friend or follow requests to young people in their region and proceed to strike up a conversation and develop online friendships. These conversations may start off friendly and innocent, but then the traffickers will begin to use manipulation to charm their potential victims. The online friendship quickly evolves to a romantic relationship and this is where the sextortion techniques are used to lure their victims into Human Trafficking. During this session attendees while 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 Emoji's and their hidden meaning used to communicate sexual gesture when texting or communicating on internet sites and social media apps.

*Presented by: Marina Anderson*

**P3 (Youth)**

Location: Salon 16

**Teamwork Makes the Dream Work!**

Participants will work in teams to make your dreams a reality. Join this veteran team for interactive fun and learning.

*Facilitated by: Stacia Burlingame, Doris Edelmann and Julie Pennington*

A special THANK YOU to our Reception Sponsor, **Aetna Health!**  
Your generosity makes a world of difference.

*Please visit their booth in the exhibit hall throughout the conference.*



Aetna Better Health® of Florida

## Welcome Dessert Network Reception

7:00-8:00p

Location: Signature 1



*Join other conference attendees to reacquaint with old friends and make new ones during this great networking opportunity.*

7:30a-4:00p

**Location:** Registration Desk 2  
Registration/Information Booth Open  
*Breakfast breads and refreshments provided*

**Location:** Executive Ballroom  
Exhibit Area Open

9:00a-10:15a

**Opening General Session by Adrian McLemore**

**Location:** Executive Ballroom

**The Mask**

What do we do when we're afraid to show the world our true selves, when everyone on social media and in the public eye seem to "have it together"? Put on a mask. What do we do when we're stressed out by any system, school, child welfare, family, life, etc.? Put on a mask. Happy on the outside but unhappy on the inside, how do we hide it? You guessed it, a mask. Ready to unmask, but be happy in the skin you're in while addressing the issues that cause you to hide?! Come have an open, entertaining and intimate & interactive conversation with Adrian and discover how to take off 'the mask' and embrace the challenges of life; armed with the tools you already have in your possession.

10:30a-12:00p

**A1 (Adult)**

**Location:** Salon 9

**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: Mark Kroner*



**A2 (Adult)**

**Location:** Salon 13

**The Write To Heal: A Creative Confidence Workshop**

This session will be part performance, part self-reflection but 100 % Truth & transparency. This is a safe session where attendees learn to appreciate the healing power of creative writing and how vital it is for us to find ways to "get free." A fun, engaging, and highly supportive space for creative self expression. *(This session will be offered as a youth workshop on Friday).*

*Presented by: Michael Guinn and Valerie Kelso*

**A3 (Adult)**

**Location:** Salon 11

**Supporting LGBTQ Youth: For Professionals and Parents**

LGBTQ rights and awareness are in the news, in our schools, in our courts, and discussions around the water cooler. But...do you feel ready and comfortable when a child or teen discloses their orientation? This class will offer information and tips regarding the best way to support our LGBTQ youth. Included will be an open discussion within the class. *Roxanne Thompson*

**A4 (Adult)**

**Location:** Salon 12

**Can Online Life Skills Work? Kentucky's 21-Month Results**

Implementing an effective life skills program is harder than it sounds. See the 21-month impact on Knowledge, Application, Confidence to Live Independently and Self-efficacy of the Commonwealth of Kentucky's implementation of Life Skills Reimagined and how it was leveraged to overcome common challenges in foster youth programming. *Presented by: Stephanie Savely*

**A5 (Adult)**

**Location:** Salon 16

**Rethinking Challenging Kids: Collaborative Problem Solving**

Over 50 years of research into our neurobiology confirms that youth do well if they can, not because they want to. So why do so many of our approaches to challenging behavior depend on motivating young people to want to be more successful? In this session, we will examine the root causes of challenging behavior and will explore Collaborative Problem Solving, a response to challenging behavior that is grounded in evidence, relationship and helps young people build the skills to navigate our complex world. Over 50 years of research into our neurobiology confirms that youth do well if they can, not because they want to. So why do so many of our approaches to challenging behavior depend on motivating young people to want to be more successful?

*Presented by: Ed Morales*

**KEY TO WORKSHOP**

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**A6 (Mixed)**

**Location: Salon 10**  
**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. *Presented by: Jessica Rogers*

**A7 (Youth)**  
**Youth General Session by Antonio Grate**

**Location: Grand Ballroom D**  
**Greatness From Within**  
 Greatness is within every human being. So that simply means that greatness is within you. Yes that's right, greatness is within you. Unfortunately, for many of us it's hard to believe this. To be honest it sounds very cliché-ish. When we reflect over our lives and our traumatic experiences. It leaves us not feeling very great. Despite the hurt, heartbreak and disappointment the greatness gene is within you. During this session you will discover, uncover and release your greatness from within.

12:00p-1:00p

**Location: Grand A/B**  
**Lunch Provided**

Please enjoy this time to relax, network with other attendees and share your ideas and successes with your colleagues.



1:00p-2:30p

**B1 (Adult)**

**Location: Salon 9**  
**Housing Options for Independent/Transitional Living Programs**

This 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. *Presented by: Mark Kroner*



**B2 (Adult)**

**Location: Salon 13**  
**Supporting Children With Oppositional Behaviors**

*(Part 1 of 2. To be continued in C2)*  
 Are you a parent or professional who

helps children who have oppositional behaviors? Is mainstream behavior management not working well? Trauma, anxiety, and chemical imbalances can all factor into this complex issue. Mainstream behavior management strategies may not be effective for those with oppositional behavior patterns. During this presentation, you will learn strategies to assist with preventing meltdowns and aid in de-escalation of big emotions. You will also learn ways to prevent miscommunications, how to foster a diverse and inclusive environment, and how to encourage participation in self-advocacy and problem-solving. *Presented by: Melissa Packwood*

**B3 (Adult)**

**Location: Salon 11**  
**A Youth Perspective**

A Youth Perspective is an informative training that helps social work professionals gain insight to the framework of foster youth, specifically teens. This training is meant to challenge a worker to be more open-minded when it comes to a youth. This training focuses on ways that teens may avoid their responsibilities and how to encourage them to be more productive. It also addresses learned helplessness and how to give teens the opportunity to be more independent and challenges their way of thinking. *Presented by: Samantha Whitley*

**B4 (Mixed)**

**Location: Salon 12**  
**Making Meaningful MOVES**

Bravehearts MOVE New York is the first youth-led nonprofit organization in NYS that works to empower youth within the child welfare system to advocate for youth-centered policies and practices within foster care agencies, family court and departments of social

services. The Making Meaningful MOVES learning exchange is about organizational reflection in order to amplify youth voice and equity from the ground up. This training will uplift courageous conversations on the importance of lived experience being viewed as an “organizational asset” and the intentional work necessary to foster authentic youth engagement. *Presented by: Braveheart’s Credible Training Team*

**B5 (Mixed)**

Location: Salon 16

**Moral Injury in the Helping Profession**

*(Part 1 of 2. To be continued in C5)*

Moral Injury refers to a profound change in or betrayal of one's sense of right and wrong; injury to one's moral conscience resulting from an act of perceived moral transgression creating deep emotional shame. This concept is acknowledged for military personnel and active combat; this training will apply the same idea to system-involved families and service providers. We will explore how a person's race, gender, and socioeconomic status impact their experience with government interventions and service providers. *Presented by: Michelle Seymore and Ed Morales*

**B6 (Mixed)**

Location: Salon 15

**Making the Most of this Time**

*(Part 1 of 2. To be continued in C6)*

This presentation will include insights from a former foster youth's journey of abuse, neglect, and aging out of foster care to becoming a law school graduate. Advice to current and former youth on navigating life after foster care and making the most of this time in their lives will be given from available research, personal experiences, and the

privilege of hindsight. Social workers and other child welfare professionals will be presented with a toolkit, beyond the usual checklist, of how to best assist youth as they transition to independent living. *Presented by: Laila-Rose Hudson*

**B7 (Mixed)**

Location: Salon 10

**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. *Presented by: Jessica Rogers*

**B8 (Mixed)**

Location: Salon 17

**Building Interdependent Families Free from Codependency**

This workshop will shared the destructive pattern of codependency from limiting beliefs that are passed on from generation to generation in families. We will explore the process to break the pattern of limiting beliefs and shift from codependent to interdependent communication and behavior. Case study and personal story will be shared to see the power of limiting beliefs over our lives and how we can break the chains

that lead to a thriving interdependent lifestyle. *Presented by: Christopher Salem*



2:45p-4:15p

**C1 (Adult)**

Location: Salon 11

**Time Management/Personal Care for YOU!!!**

This workshop will teach participants how to assess their lives and create a new life track so that they can be more on target with their parenting, their work track, home track and "still have time to personal enrichment and all the little things that makes us happy". Parents will learn how to recognize happiness and capture more of it in their daily living as well as to accomplish their daily goals. This workshop will include stress management, time management, tai chi and laughter! *Presented by: Shamele Jenkins*

**C2 (Adult)**

Location: Salon 13

**Supporting Children With Oppositional Behaviors**

*(Part 2 of 2. Continuation of B2)*

*Presented by: Melissa Packwood*

**C3 (Adult)**

Location: Salon 9

**Impactful Mentoring**

Who inspires you? A teacher, parent, coach, someone famous? We all have someone that we look to for advice when we are faced with challenges, struggles,

difficult decisions, or to share good news with, too! The person who helped lay the foundation of who you are. In this session you will learn the power of mentoring, explore your own character traits and how to help others find theirs, and learn valuable mentoring tools to be an impactful mentor for the youth and young adults you work with.

*Presented by: Kimberly Raff and Alexis Olson*

**C4 (Mixed)**

Location: Salon 10

**Circle of Support: A Model for Building Lifelong Connections**

There are many ILS services for foster youth with focuses on employment, education, housing and health, but there is a lack of services that prioritize the most essential resource, RELATIONSHIPS. After years of planning, C2i has developed a Circle of Support program that will transform how foster youth connect with caring adults. The mission of the Circle of Support program is to help youth build healthy relationships and natural networks of support, aka Circle of Support. Come learn how you can share this work in your community. *Presented by: Vincent Henry*

**C5 (Mixed)**

Location: Salon 16

**Moral Injury in the Helping Profession**

*(Part 2 of 2. Continuation of C5)*

*Presented by: Michelle Seymore and Ed Morales*

**C6 (Mixed)**

Location: Salon 15

**Making the Most of this Time**

*(Part 2 of 2. Continuation of B6)*

*Presented by: Laila-Rose Hudson*

**C7 (Mixed)**

Location: Salon 17

**Accelerating Mental Toughness for Distressed Kids**

Mental toughness is the ability to stick to something when the going gets tough. Kids from distressed environments do not normally have the foundation to build on for mental toughness that can greatly impact their self-esteem and confidence in a positive way. Adults who care for these children along with the children itself can learn how to rewire their brain to think differently and focus only on what they control in the moment while letting go of everything else. They will learn to be interdependent versus codependent. *Presented by: Christopher Salem*

**C8 (Youth)**

Location: Grand D

**TIK TOK LIFE SKILLS ROCK!**

*(Videos will be shared at the Friday brunch)*

Join us for this workshop where you will learn and share your daily life experiences through singing, dancing, and spoken word. Be part of your own social media platform. TIK TOK - The best is yet to come. *Facilitated by: Stacia Burlingame, Doris Edelmann and Julie Pennington*

4:30p-5:30p

**BONUS (Mixed)**

Location: Salon 10

**Lived Experience Data; How do we transform the system based on what 35k young people have told us?**

During the pandemic, we worked with 44 state coordinators to find over 30,000 youth for pandemic relief funds. In this session we are going to share some of that data on a national level, so coordinators and youth can lead their own efforts in their communities based on what those with lived experience have shared. *Facilitated by: Sixto Cancel*



**Stop Germs to Stay Healthy**

Wash hands with soap and water for 15 seconds, or use hand sanitizer	Cough or sneeze into your bent elbow or a tissue, then wash hands	Avoid touching your eyes, nose, and mouth	Stay home if you are sick	Avoid hugging, kissing, shaking hands and high-fiving

8:00a-3:00p

**Location: Registration Desk 2**  
Registration/Information Booth Open  
*Breakfast breads and refreshments provided*

**Location: Executive Ballroom**  
Exhibit Area Open

9:00a-10:15a

## General Session by Lucas D. Boyce

**Location: Executive Ballroom**  
**Living Proof**

Mr. Boyce is a Motivational Speaker for Overcoming Adversity, Former Executive for the NBA Orlando Magic, Author of "Living Proof: From Foster Care to the White House" and currently serves as the Assistant to the County Administrator for Orange County Florida Government. He travels across the country sharing his inspirational messages focused on servant leadership, teamwork, overcoming obstacles, and making a positive impact in the lives of others.



10:30a-12:00p

### D1 (Adult)

**Location: Salon 9**  
**It Takes a System; Getting the Entire Community Involved and in Developing Self-sufficiency Skills in Older Youth and Young Adults**

The challenges of becoming self-sufficient have never been more difficult for all American youth and young adults. We cannot wait until youth in our programs are ready to leave care to start teaching important life skills. This workshop will discuss practical ways of getting everyone involved in this process; foster parents, social workers, case-managers, CASAs, juvenile court staff, volunteers, group homes and others. *Presented by: Mark Kroner*

### D2 (Adult)

**Location: Salon 14**  
**What Got You Here, Won't Get You There**

Why do your foster and adoptive parents struggle when they hit the teens years? While there are many reasons, one of the biggest ones is that the skills they acquired, the very skills that created structure and routine for their kids, create power struggles and challenges when our kids hit the teen years. In this session, Erin Bouchard will equip you with the tools to help your foster parents learn to adapt their parenting yet again, while still focusing on felt-safety and connection in the teen years. *Presented by: Erin Bouchard*

### D3 (Adult)

**Location: Salon 11**  
**Transitional Support for Specialized Populations: Foster Youth and Teen Parents**

Youth serving agencies are faced with

challenges in helping clients transition to adulthood. In this workshop we will focus on two specialized populations: foster care youth and teen parents. This workshop will cover in detail ways to help youth in these two categories prepare for adulthood. *Presented by: Monica Jeffcoat, Deonna Brown, Tiiu Goode and Rysheeka Bush*

### D4 (Mixed)

**Location: Salon 15**  
**Ready, Set and Invest. Goal Setting, Branding and Financial Literacy**

*(Part 1 of 2. To be continued in E4)*  
This workshop will be 80% hands on learning and 20% lecture. We will discuss setting (SMART) short and long term goals - (implementing self achievable/motivational rewards), basic stocks investments tutorial and the importance of properly branding yourself/image. *Presented by: Alphonza "Al" Bush, Jr.*

### D5 (Mixed)

**Location: Salon 10**  
**Strategies for Engaging Youth - A Panel Discussion**

Why is engaging transition-age foster youth so difficult? In a 2021 LYFT Learning survey of professionals who work with transition-age foster youth, youth engagement was listed as the top challenge to implementing successful programs. In this session facilitated by LYFT Learning, participants will hear from IL professionals and youth with lived experience from across the country about their experiences and strategies for engaging youth, as well as have the opportunity to share their own successes. *Facilitated by: Stephanie Savely, Zaneta Berry, Brandie McCabe, Greg Thompson, Tyler Hunter and Glenda Wright*

**D6 (Mixed)**

Location: Salon 16  
**Forgiveness Workshop: For Foster/Adoptive Youth and Parents**

Anyone who has been in foster care or has been a foster/ adopt parent knows there are many things that happen where forgiveness is important .You will learn how carrying anger and resentment are affecting your physical and mental health, strategies for finding peace regarding difficult situations you can't let go of, and some of the research tied to the act of forgiving. Learn to not be a prisoner to your own lack of forgiveness.  
*Presented by: Roxanne Thompson*

**D7 (Mixed)**

Location: Salon 12  
**A Youth Perspective on Overcoming the Foster Kid Label**

Youth from the Alabama Dream Council will provide a first-hand lived experience to the labels they have overcome while in the child welfare system. This session will highlight perspectives and stories from youth showing their resilience to produce life change. Youth will address the services, programs and individuals that has helped and encouraged them while sharing habits to manage mental well-being, steps to control your own destiny and ways to build a support system.  
*Presented by: Alabama Dream Council*



**D8 (Mixed)**

Location: Salon 17  
**Café #WOWTalk (Palabras de Sabiduría)**

Café de #WoWTalk (Words of Wisdom/ Palabras de Sabiduría) está diseñado para jóvenes y adultos jóvenes bajo en cuidado tutelar. Este café genera conversaciones poderosas basadas en los factores de protección y promoción de YouthThrive™ que empoderan, informan y energizan a los jóvenes sobre su jornada hacia la edad adulta.  
*Presented by: Tarcisio Ornelas Gomez and Sarita Sashington*

**D9 (Youth)**

Location: Salon 13  
**EAT, SLEEP, ORGANIZE, REPEAT**

Life can be chaotic and overwhelming so join us for this workshop and you will explore ways to organize, record, and ensure your future is a successful planned reality. *Facilitated by: Stacia Burlingame, Doris Edelmann and Julie Pennington*

12:00p-1:30p

**LUNCH (on your own)**

**There are several restaurants inside the Rosen Centre Hotel at varying price points. Additionally, there are numerous dining options and eateries right outside of the hotel on I-Drive. Grab a friend and break bread together.**

*Use on I-RIDE coupon to visit Pointe Orlando for a number of dining options.*

1:30p-3:00p

**E1 (Adult)**

Location: Salon 9  
**The Art of Process: Effective Communication with Older Youth**

Life is all about the actions and steps we take to achieve a particular end. When it comes to helping youth and young adults, there are creative skills or "an Art" to communicating effectively. This session will guide you in practical tips in expressing yourself to youth in a way where they not only understand but connect to what is being said to them. We will also look at techniques for helping youth to process how they see and hear what is said to them in a real way. *Presented by: Bill Benson*

**E2 (Adult)**

Location: Salon 13  
**Housing Former Foster Youth & Child Welfare Involved Families**

Housing options are limited for former foster youth and families in the process of adoption, reunification, and or prevention where housing is a barrier. The presentation will showcase how the collaboration with traditional System of Care partners, as well as the housing Continuum of Care, and others has reduced instances of homelessness. It will demonstrate how agencies can access resources to develop housing and related supportive services and prevent reentry into "the system". *Presented by: Gianfranco Patuzzo, Marlon Peña, Tomas Matamoros and Carlos Laso*

**E3 (Adult)**

Location: Salon 16  
**Imported Pathology: How it Affects your Family**

Imported Pathology is a term coined by Dr. Rick Delaney some 20 years ago. The meaning involves how a child's experiences, trauma, culture, and world view are inserted into the family when

the child enters the family system. This presentation will explore how to manage these very important factors in your home, what to watch for, and how to successfully parent once you recognize what factors has been brought into your family system. *Presented by: Roxanne Thompson*

**E4 (Mixed)**

Location: Salon 15

**Ready, Set and Invest. Goal Setting, Branding and Financial Literacy**

*(Part 2 of 2. Continuation of D4)*

*Presented by: Alphonza "Al" Bush, Jr.*

**E5 (Mixed)**

Location: Salon 11

**Creating Systemic Change for Foster Youth Through a DEI Lens**

Promises2Kids has stayed on the forefront of all major issues that have plagued foster care in San Diego. Promises2Kids believes we must challenge the conscious and unconscious biases that have disproportionately impacted foster youth, further driving systemic racism across care. We are committed to creating systemic change by championing diversity, equity, and inclusion. With an intentional and strategic approach to DEI efforts including the recruitment of diverse board members and staff, educating volunteers, and promoting diverse leadership, everyone in our organization is committed to driving and sustaining change for youth. *Presented by: Rashida Elimu*

**E6 (Mixed)**

Location: Salon 12

**The Game of Life: Emancipated Youth**

Join the Lorain County Children Services Independent Living staff along with Emancipated Youth to discuss life after foster care. Together, they will talk about their successful program, which includes developing a transition plan, connecting youth with life long supports, life skills training, an emancipated youth contract and the utilization of the FYI voucher. This presentation will give the participants the skills to win at this game called LIFE. *Presented by: Cathy Fairbanks, Britney Schuster, Isabella Bradford and Lindsey Demarco*

**E7 (Mixed)**

Location: Salon 10

**Preparing Students for College Emotionally, Not Just Academically**

Preparing for college is more than just academics and testing. Today's college students experience record high levels of stress, depression and anxiety and as more and more young people are headed to college with an already diagnosed mental health condition we must look at ways to help them be better prepared and be emotionally ready. This presentation will allow participants to learn ways to better support students, help them learn to take a more active role in managing their mental health and create the greatest opportunity for them to be successful. *Presented by: Jennifer McAllister*

**E8 (Mixed)**

Location: Salon 14

**Learn 2 Live, An Independent Living Workshop for Teens**

The skills and tools provided in this workshop are geared towards the teens who are ages 14 and older, and are also in Foster Care. The virtual program teaches Independent Life Skills with an urban approach, engaging teens with high energy music, and with real life professionals teaching the life skills. From banking to getting a job and keeping it, the workshops integrates a fun and impactful session, while the teens learn IL skills that will propel them into adulthood. *Presented by: Lavenda Tuionetoa, Faoliu Chubbah Lagi, Veisi Green and Didana Martinez*

6:00p-8:00p

**ART NIGHT (Mixed)**

Location: Grand Ballroom D

**Communication Through Creativity**

*Snacks and refreshments provided*  
All attendees are invited to participate in art night. Use art as an expression to communicate emotions, needs or as coping skills...or just as fun with friends. Join us for some simple yet thought provoking art projects. Our time is meant to spark communication with others to learn about yourself in a fun and creative setting. Bring a friend, kick off your shoes and join in the fun.

*Facilitated by: Don Morgan*

*Guest appearance by artist George E. Miller II*



8:30a-11:00a

Information Booth Open  
Location: Reg Desk 3

### Luggage Drop

Location: Signature 1

For those attendees that will be checking-out of the hotel on Friday, and leaving after the Closing Session, we will provide a luggage storage area beginning at 8:30am.

All luggage will need to be retrieved by 12:00pm. Any items remaining after that time will be relocated to the hotel lost and found area.

9:00a-10:30a

## F1 (Mixed)

Location: Salon 14

### Unlocking Your Superpowers towards Transitional Living

Participants will, by the conclusion of this workshop, know how to Discover, Develop, and Utilize their own inner superpowers. Those "superpowers" are the skills and attributes they possess, that will be used to transition into Independent Living, or excel them in their current Independent Living. This will be accomplished by interactive exercises with practical take-aways along with handouts to continue this new Mindset. *Presented by: Billy Boone*



## F2 (Mixed)

Location: Salon 15

### #WOWTalk Cafe for Youth and Emerging Adults in Care

#WoWTalk (Words of Wisdom) Café is designed for youth and young adults in care. Join us for an engaging interactive session generating powerful conversations that empower, inform, and energize youth about their journeys to adulthood. *Presented by: Sarita Sashington and Tarcisio Ornelas Gomez*

## F3 (Mixed)

Location: Salon 16

### College Resources for Students Coming from Texas Foster Care

The Texas Education and Training Voucher is a federal fund put in place to assist students coming from foster care with living expenses while attending postsecondary school. House Bill 2537 went into effect 6/9/2017 and it requires high school counselors in Texas to inform students in foster care about their postsecondary school benefits every year. This workshop will outline post-secondary benefits and help attendees understand the unique challenges that foster care alumni face when aging out of care and moving on to post-secondary education. The presentation will highlight resources available to current and former foster youth and will underscore the importance of school counselors, aftercare service providers, and foster care liaisons creating partnerships to help youth aging out of foster care realize their educational goals. *Presented by: Drew Melton*

## F4 (Mixed)

Location: Salon 11

### Mentoring the Whole Student: A Multifaceted Approach to Mentoring

Promises2Kids has supported current and former foster youth in San Diego

County for 40 years. Promises2Kids has always worked to create meaningful relationships for foster youth that will connect them to the larger community during and after their time in care. Using a multilayered approach, Promises2Kids has opened youth to community through mentorship at the peer, community, and professional levels. This strategic and simultaneous approach allows youth to engage with their community and create relationships that last far beyond the space of care. *Presented by: Rashida Elimu*

## F5 (Youth)

Location: Salon 17

### The Write To Heal: A Creative Confidence Workshop

This session will be part performance, part self-reflection but 100 % Truth & transparency. This is a safe session where attendees learn to appreciate the healing power of creative writing and how vital it is for us to find ways to "get free." A fun, engaging, and highly supportive space for creative self expression. *(This session is a repeat of the session A2 adult workshop from Wednesday). Presented by: Michael Guinn and Valerie Kelso*

10:30a-12:00p

Location: Executive Ballroom

### Closing Session

Cap off your conference experience by joining us for this closing session.

Enjoy a delicious brunch while viewing a slide show of the conference activities and see examples of the youth expressions from the week.



# Do your thing

Aetna Better Health of Florida is proud to support the Daniel's Kids Independent Living Conference 2022

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## AOI Community

We are all working toward the same goal – to help young people in foster care transition to adulthood successfully, so let’s help each other be more effective and efficient!

The AOI Community is an online platform designed for organizations and individuals who support youth aging out of foster care.

This community will enable us to break down geographic barriers in order to collaboratively build and share best practices – ultimately to improve outcomes for these young people. Below are some of the elements of the community.

**To join the community:**  
[agingoutinstitute.org/aoi-community](https://agingoutinstitute.org/aoi-community)

### Share Resources and Ideas

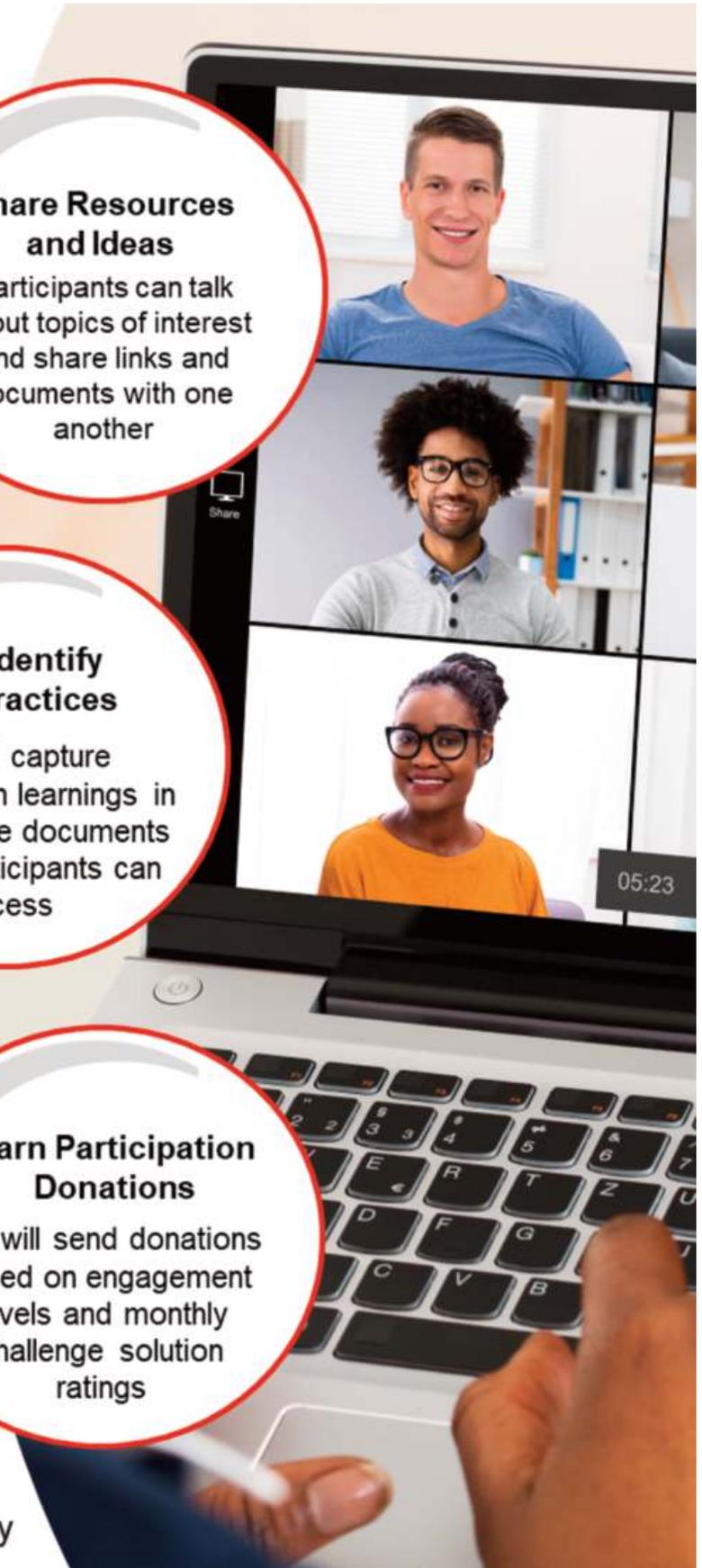
Participants can talk about topics of interest and share links and documents with one another

### Help Identify Best Practices

AOI will capture conversation learnings in best practice documents that all participants can access

### Earn Participation Donations

AOI will send donations based on engagement levels and monthly challenge solution ratings



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**Daniel Memorial Inc /  
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**GEM Art Studios**  
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