

Conference Program

# 35th Annual "Growing Pains 2023"

*For adults and youth*

16+ CEUs  
Available!

DANIEL MEMORIAL



INSTITUTE

## National Independent Living Conference

August 16-19, 2023 - Denver, Colorado

Exploring Best Practices and Innovations in Independent Living

# GROWING PAINS 2023

Dear Colleagues,

I am pleased to welcome both returning and new participants to the 35th Annual National Independent Living Conference, hosted by the Daniel Memorial Institute, in the magnificent city of Denver, CO. 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.



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## Do you need CEU's 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.

Licenses: Clinical Social Work, Marriage and Family Therapy, Mental Health Counseling and Certified Master Social Worker

## Conference Hotel

Hotel charges are not included in conference registration fee.

This year's conference will be held at the **Sheraton Denver Downtown Hotel** (1550 Court Place, Denver, CO 80202).



Sheraton Denver Downtown Hotel is located on the popular 16th Street Pedestrian Mall and offers access to some of the best attractions in Denver, Colorado. A mile-long pedestrian promenade brims with shopping, dining, nightlife, and entertainment. Catch a game at Coors Field or tour the Denver Art Museum or the Denver Zoo. At this downtown hotel, you travel with ease thanks to nearby light rail.

Parking: Complimentary self-parking for all registered guests (standard self-park rate \$45 or valet rate \$54)

**Travel Tip:**  
Please bring a lightweight jacket or sweater for your comfort. Meeting room temperatures vary greatly.

## Conference Questions?

### Contact Information:

#### Daniel Memorial Institute

Stephanie Waugerman, Associate Director of Conferences  
4203 Southpoint Blvd. - Jacksonville, FL 32216  
p: (904) 296-1055  
conferences@danielkids.org; www.danielkids.org

## 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 03/31/25. 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.



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# SCHEDULE AT A GLANCE

## WEDNESDAY, AUGUST 16, 2023

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

## THURSDAY, AUGUST 17, 2023

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

## FRIDAY, AUGUST 18, 2023

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

## SATURDAY, AUGUST 19, 2023

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:

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**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 Thursday and Friday mornings. Selections will include bagels, muffins, coffee and tea. **For alternate selections, please visit the nearby eateries.**

Lunch will be provided on Thursday. Beverages will be available on Wednesday and Saturday mornings and brunch will be served during the closing session on Saturday. 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 Saturday, 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. Thank you!

# KEYNOTE SPEAKERS



**Glenda Wright**

Glenda Wright, a native of Owensboro, KY, has lived experience in Kentucky's Child Welfare System. Glenda started her advocacy journey on the Voices Of The Commonwealth Youth Leadership Council. During her time on the council, Glenda received her bachelor's degree in business with a minor in political studies from Murray State University. In addition to her business degree, Glenda has her Juris Doctorate. Glenda has served as an internal member of the Commissioner's Office for the Department for Community-Based Services.



**Tyler Hunter**

Tyler Hunter, a native of Bowling Green, KY, has lived experience in Kentucky's Child Welfare program. Like Glenda, his advocacy journey started with the Voices of the Commonwealth Youth Leadership Council. Together, Tyler and Glenda have made numerous policy and state statute changes. Tyler was awarded his bachelor's degree from Western Kentucky University, double majoring in Sociology and Criminology, and is currently working towards his graduate level degree in Social Work.



Together Glenda and Tyler have 10+ years of experience working in each part of the Child Welfare Pipeline. In addition, they have passed three critical pieces of legislation and numerous policy changes and have spoken to and advocated on behalf of thousands of foster youth. Glenda and Tyler are passionate about creating and implementing sustainable and effective Child Welfare Reformation.



**Jamerika Haynes-Lewis**

Jamerika Haynes-Lewis is an award-winning communications professional with more than a decade of experience. While growing up in foster care, she was determined to have a different life than the one she experienced. She put herself through college earning a Bachelor of Arts in Communication from Washington State University. Her career consists of being a journalist, non-profit communications specialist, and young adult case manager.

As the owner of Clever Jam Communications, Jamerika offers strategic communications guidance, motivational speaking, and facilitation. She is formerly USA Ambassador Ms. 2021 through the USA Ambassador Pageant. Her platform was 'A Chance to Succeed: Empowering Youth in Foster Care.'

10:00a-3:00p

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

Location: Tower Court A

**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: Tower Court B

**UNACCOMPANIED MIGRANT CHILDREN**

Ashley Harrington, Esq. and Jaime Janes, LCSW will co-present on Unaccompanied Children who migrate to the United States without a parent and/or guardian. The presentation will include information on why children migrate, their journey, apprehension by the Department of Homeland Security, transfer to federal care, their release from federal care to live with family members and friends in the community, how children navigate their legal immigration case, and challenges the children face. *Presented by: Ashley Harrington, Esq. and Jaime Janes, LCSW*

**P3** (Mixed)

Location: Tower Court C

**I GOT SOMETHING TO SAY**

This a powerful, super charged platform where participants engage in creative approaches to self-discovery. This high energy and highly interactive workshop will include creative writing, acting, improv, and offers participants to "Say What's On Their Heart". Led by conference veteran Mr. Mike Guinn, this is a fun bond building presentation for all , who dare enters. Join us for what is guaranteed to be an amazing learning experience. *Facilitated by: Michael Guinn and Valerie Kelso*

**P4** (Youth)

Location: Tower Court D

**EXPLORE DENVER**

Join other youth on a "Mile High" adventure around Denver! *Facilitated by: Stacia Burlingame and Doris Edelmann*



Free shuttle buses, dubbed the **MallRide**, travel up and down the 16th Street Mall , stopping on every corner. Hop on and hop off as the shuttles come and go every few minutes and make everything downtown easy to reach.

**Things to See and Do**

There are 42 outdoor cafés along the mall, making it the perfect place to grab a bite to eat or have a drink. Denver Pavilions, near the south end of the mall, is a shopping and dining complex with 12 movie theaters and more than two dozen shops and restaurants. At the north end of the mall, 16th Street continues as a pedestrian path over three bridges connecting downtown to Commons Park and LoHi, a hip neighborhood filled with restaurants and brewpubs.

**Welcome Dessert Network Reception**

7:00-8:00p

Location: Parlur



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

7:30a-4:00p

**Location:** Grand Ballroom Foyer  
Registration/Information Booth Open  
*Breakfast breads and refreshments provided*

**Location:** Grand Ballroom Foyer  
Exhibit Area Open

9:00a-10:15a

**Opening General Session by Glenda Wright & Tyler Hunter**

**Location:** Grand Ballroom

## THE PROCESS

In this session, presenters will discuss the adage of “trusting the process” and what happens when you actively participate in “the process” instead of being a bystander. Join Glenda & Tyler as they walk through how they decided to stop being bystanders and instead active participants in their lives. This session promises plenty of thoughtful insights, laughs, and exciting conversation!

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10:30a-12:00p

## A1 (Adult)

**Location:** Tower Court D

**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*

## A2 (Adult)

**Location:** Century

**HOUSING FORMER FOSTER YOUTH & CHILD WELFARE INVOLVED FAMILIES**  
Former foster youth and families in the process of adoption, reunification and prevention face barriers securing stable and adequate housing. Collaboration between child welfare, housing and other partners can reduce homelessness. Moreover, housing stability can prevent reentry into “the system”. The presentation will showcase how collaboration amongst various entities can assist in preventing homelessness and demonstrate how agencies can access resources to develop housing and related services. *Presented by: Gianfranco Patuzzo & Jason Ruiz*

## A3 (Adult)

**Location:** Tower Court B

**KEY FACTORS FOR SUCCESS:**

**SUPERVISED INDEPENDENT LIVING IN A STATE CHILD WELFARE SYSTEM**

Join to learn more about Supervised Independent Living (SIL), an 18+ Continued Care setting in the state of North Dakota. A brief overview of Nexus-PATH's SIL Program, including program components and funding sources. Hear the first-hand narrative from a Licensed Placing Agency regarding the factors that positively impacted program implementation that resulted in successful outcomes for program participants. *Presented by: Brooke Biederstedt*

## A4 (Adult)

**Location:** Tower Court C

**THE TEXAS EXPERIENCE:**

**TRANSITIONAL LIVING SERVICES AND DEVELOPING A CHILD WELFARE HOUSING PROGRAM**

This workshop will include an overview of the various transitional living services offered in Texas and showcase the development and implementation of a large child welfare housing program using new and existing rental assistance programs targeting young adults. The presenters will share goals and strategies related to the housing program development, and information about the model, so other states can create a similar housing program. A variety of methods will be used to engage the audience. *Presented by: Jim Currier and Gaye Vopat*

## A5 (Adult)

**Location:** Gold

**WORKING WITH YOUR LOCAL CENTER FOR INDEPENDENT LIVING**

The Association of Colorado Centers for Independent Living invite you to learn about the 9 Centers for Independent



Living who serve every person with disabilities in our beautiful Rocky Mountain region. Colorado is the home of the ADAPT movement and is one of the birthplaces of the disability rights movement. In this session you'll learn about the significance of Colorado in this movement, how the CIL's are dedicated to moving that accessibility and equity forward, and our 9 CIL's.  
*Presented by: Rochelle Mitchell-Miller*

## A6 (Adult)

**Location: Silver**

### BUILDING BLOCKS OF IMPACTFUL MENTORING

How does one show up to mentor? What does it even mean? Think about someone in your life who you consider a mentor. The person who helped lay the foundation of who you are. What was it that made them stand out from everyone else in your life? In this session you will learn the building blocks of mentoring, explore your own character traits and how to help others find theirs, and leave with tools to be an impactful mentor!

*Presented by: Kimberly Raff and Ashley Shannon*

## A7 (Youth)

**Youth General Session with Glenda Wright and Tyler Hunter**

### THE ART OF UNDERSTANDING: THE BEAUTY IN HEALING

**Location: Plaza Ballroom**

*This session is in the Plaza Building. Staff will lead the youth there and back to help with this transition.*

This session highlights the importance of youth healing from their adverse childhood experiences and how embarking on that self-healing journey led the presenters to success. During this session, the two presenters will highlight events from their stories and share how their lives have changed since beginning their journey toward healing and

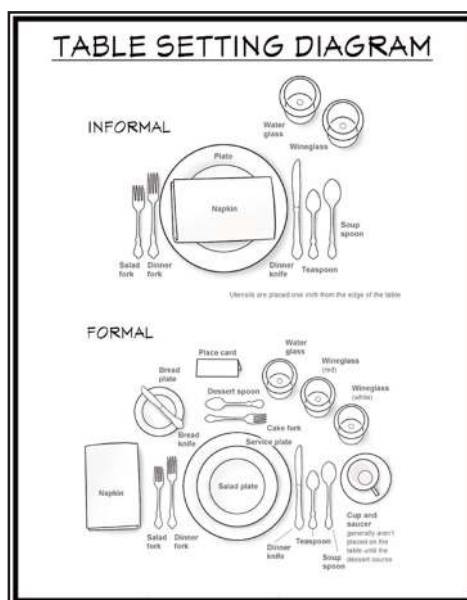
understanding. In this session, participants are promised a lot of intriguing conversation that toes the line between hard truths, humor, and everything in between!

**12:00p-1:00p**

**Location: Grand Ballroom**

### 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**

Great  
for Networking!

## B1 (Adult)

**Location: Tower Court D**

### 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.

*Presented by: Mark Kroner*

## B2 (Adult)

**Location: Tower Court A**

### SO, HAS HE CHANGED? DEFINING & EXPECTING BEHAVIOR CHANGE AS A MEASURE OF SUCCESS

“So, Has He Changed?” is a question asked commonly by domestic violence survivors and professionals working with them. For the benefit of families, we need to be able to articulate our expectations of perpetrators and measure their concrete changes. In this workshop we will outline steps to keep the attention on perpetrators' real behavior changes. We will also explore how using a perpetrator pattern-based approach leads to better practice, collaboration, and outcomes for youth and families.

*Presented by: Heidi Rankin*

## B3 (Adult)

**Location: Century**

### EXPANDING YOUR STATE'S EXTENDED FOSTER CARE HOUSING ARRAY

Join members from the Arizona Department of Child Safety to learn how we evaluated gaps in our EFC housing array, received youth input on options for housing, solicited providers to offer diverse housing options, and current implementation lessons learned.

*Presented by: Sydney Nichols, PK Wood and Megan Conrad*

## B4 (Mixed)

**Location: Denver**

### BUILDING A VILLAGE: WORKING COLLABORATIVELY TO BUILD SELF SUFFICIENCY IN YOUTH

Using the WSCC (Whole School, Whole Community, Whole Child) Framework to assist providers, parents, and peers to work collaboratively to support youth reach self-sufficiency and live independently as they transition from congregate care settings. Participants will engage in guided discussions of current program models as well as youth

with lived experiences to provide insight on best practices and stageries that work in work, school, home or community environments. *Presented by: Zaneta Berry, Miranda Graves, Wendy Cassavaugh and Laura Francois*

## **B5** (Mixed)

**Location:** Silver

### **Showing Up as your Authentic Self**

How can we be true to ourselves when entering new relationships with young people? This presentation will discuss different barriers and stigmas that exist for youth in care and how these factors can hinder the development of relationships. Then, we will share 8 ways youth workers are damaging their relationships with youth at their first meeting. We will then dive into how to promote healing practices and why authenticity is important to youth in care. To end, we will discuss how youth workers can also empower youth to create their own healthy and authentic relationships. The Youth Support Partner Unit (YSP Unit) in Allegheny County pairs peer mentors with lived system experience with young adults currently involved in child-serving systems. Using the expertise and experience of our staff, this presentation will focus on how youth workers are capable of building strong, genuine relationships with youth by simply showing up as their authentic selves. *Presented by: Talitha Cox, Jenny Schaeffer, Ashawntae James, Sara Hammell, Brionna Watts and Angelique Raymond*

## **B6** (Mixed)

**Location:** Gold

### **UNMET NEEDS OF FOSTER YOUTH IN HIGHER EDUCATION SETTINGS**

A growing number of colleges and universities have invested in developing campus support programs (CSPs) for students who have aged out of the foster

care system. This workshop will explore one CSP at a mid-western University, which has successfully engaged more emancipated foster youth seeking to enroll in post-secondary programs than any other university in the state. In nine years, the program has a 55% completion rate for degree programs and over 75 completed micro-credentials.

*Presented by: Jarrett Pratt, Antoinette McSears-Parker, Colleen Wright and Karen Keptner*

## **B7** (Mixed)

**Location:** Windows

### **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** (Youth)

**Location:** Tower Court B

### **UNDERSTANDING YOUTH PERSPECTIVES ON LGBTQIA+ CAREGIVER INCLUSION**

Much debate has centered around LGBTQIA+ youth in child welfare, in light of the unique challenges that they face. However, while the preferences of caregivers are often considered, the

opinions of youth on the sexual orientation and gender identities (SOGIs) of the caregivers they were or could be placed with are not considered. Through hands-on participatory research activities, this workshop will engage attendees on their perspectives and openness to a variety of SOGIs in potential caregivers. *Presented by: Sarah Fathallah, Natalie Bergstrasser, Anna Myers and Shantell Steve*

## **B9** (Mixed)

**Location:** Tower Court C

### **ADVOCACY 101: CRAFTING POWERFUL ADVOCACY CAMPAIGNS**

Unlock the core essentials of effective advocacy campaigns for foster youth advocates in Advocacy 101. This workshop offers vital insights and tools to create impactful initiatives. Engage in interactive activities to construct foundational advocacy models, set clear goals, and choose activities to achieve those objectives. Gain invaluable wisdom from FosterClub's Lived Experience leaders (LEx) as they share their own campaign journeys and provide actionable tips for building successful advocacy efforts. Empower yourself to make a difference and amplify your advocacy skills in this dynamic workshop. *Presented by: FosterClub LEx (Lived Experience) Leaders*





2:45p-4:15p

## C1 (Mixed)

**Location: Century**

### AUTHENTIC INVOLVEMENT WITH YOUTH VOICE

Authentically Involving Youth Voice is a workshop that will help audience members understand the importance of authentically listening to youth voice, and how to involve it within their specific practices. It will involve personal testimonies for individuals who have been advocates and how they were able to make change for their communities by working with agencies within it. It will discuss the Engagement Ladder and how to reach the top level of youth voice and engagement. It will involve roles that youth can take and roles that agencies can take. *Presented by: Tamara Vest*

## C2 (Mixed)

**Location: Tower Court C**

### EARN AND LEARN INITIATIVE: EMPOWERING FOSTER YOUTH THROUGH CAREER AND TECHNICAL TRAINING PROGRAMS

This workshop will explore how Kentucky is preparing current and former foster youth to step into a wide range of high-wage careers through their Earn and Learn program. The program provides youth weekly wages and support while they pursue a short-term training credential or their GED. The workshop will explore the national shortage of skilled workers and how supporting foster youth in earning these needed credentials empowers them to be self-sufficient as they transition out of care. *Presented by: Lorraine Wilbur, Jeff Culver and Chorya Morton*

## C3 (Mixed)

**Location: Silver**

### STRENGTHENING PROTECTIVE AND PROMOTIVE FACTORS FOR YOUTH

Adolescence can be a confusing time for both the adolescent and the adults trying to support them. The Youth Thrive framework offers critical insights into adolescent brain development and will explore creative solutions to help practitioners evaluate how their current programs and practices support youth in developing protective and promotive factors. When services and programs shift from traditional views of risk reduction to this focus, it allows young people to thrive. *Presented by: Laura Daniels, PK Wood and Megan Conrad*

## C4 (Mixed)

**Location: Tower Court A**

### PEER 2 PEER CONNECTION: HOW LIVED EXPERIENCE CAN CHANGE THE GAME!

The Peer Navigation model was founded on the belief that youth who have successfully transitioned from foster care to young adulthood are the best role models for their peers. Peer Navigators increase access to resources and opportunities for youth and young adults with lived experience in foster care. Peer Navigators assist eligible populations with completing funding applications, navigating access to local supportive resources and serve as role models to youth in transition. *Presented by: Falen LeBlanc and Deza'Rae Collins*

## C5 (Mixed)

**Location: Tower Court D**

### Making a Difference One Story at a Time

This workshop features a panel of speakers who were incarcerated as youth but have turned their lives around and are currently motivational speakers and

consultants for youth facilities nationwide. The Messengers will share their experiences/insights and facilitate discussions about how to make impacts on issues in the youth serving systems and society. *Presented by: Andy Broughton, Gordan Brown, Dave Brown, Chris Thompson and Kelvin Gilmore*

## C6 (Mixed)

**Location: Gold**

### DEVELOPING MEANINGFUL YOUTH PROGRAMS: HOW TO MAXIMIZE YOUTH VOICE TO PROVIDE RELEVANT AND INCLUSIVE SERVICES

Join us for a collaborative discussion and examples focused on the importance of youth voice and youth driven outcomes. As a CARF accredited agency we continue to seek ways to engage the youth we serve to develop inclusive, culturally humble and relevant programming at all levels of the organization and the community. We will share key strategies to promote youth engagement and barriers to overcome, as we find ways to respect and promote youth voice, focusing on service delivery and advocacy. *Presented by: Sue Evans and Leslie Ellis-Lang LMFT*

## C7 (Mixed)

**Location: Windows**

### 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*

## C8 (Youth)

**Location: Denver**

### 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. *Facilitated by: Stacia Burlingame and Doris Edelmann*

## C9 (Youth)

**Location: Tower Court B**

### Growing Pains

This highly interactive, performance arts workshop will teach participants the art of creative self-expression and encourages a reach deep inside to discover power and purpose. A powerfully creative journey that is fun, safe and supportive. If you are seeking a fresh approach to emotional empowerment, then this is it! *Facilitated by: Michael Guinn and Valerie Kelso*

4:30p-5:30p

## Networking Opportunity

(Mixed)

**Location: Windows**

### PEER TO PEER DISCUSSION WITH OPEN FORUM

Meet other professionals in the field and hear from those in care.

*Facilitated by: Bill Benson*

**Bonus Session!**

8:00a-3:00p

**Grand Ballroom Foyer**

Registration/Information Booth Open

*Breakfast breads and refreshments provided*

**Grand Ballroom Foyer**

Exhibit Area Open

9:00a-10:15a

## General Session by Jamerika Haynes-Lewis

**Location: Grand Ballroom**

### My Way, My Life: Overcoming Adversity In Foster Care

Jamerika entered foster care at the age of five in her hometown of Tacoma, Washington. With sincerity and humor, she shares how a meeting a caring adult changed her life and ultimately led to the healing she sought out. She explains how resilience is more than just survival by emphasizing the importance of behaviors from service providers and how this can positively impact clients.

10:30a-12:00p

## D1 (Adult)

**Location: Tower Court D**

### 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*

## D2 (Adult)

**Location: Windows**

### FACE VS. FILE: THE TRUTH ABOUT FOSTER YOUTH

Face vs. File: The Truth About Foster Youth, discusses the ways a youth's personal file may contain inaccuracies that establish a bias that follows that youth for the rest of their life. This workshop directly challenges the way providers, foster parents, and guardians approach the knowledge gained before they ever even meet the youth. Face vs. File also suggests ways guardians can establish meaningful, authentic relationships with youth. *Presented by: Samantha Whitley and Jasmine Epperson*

## D3 (Mixed)

**Location: Tower Court A**

### Just Who Or What Is In Charge Here?

This title can mean a lot of things. Is it our brain, our past, our dreams, our behavior? This workshop will discuss what drives us to want to be in charge. When does it benefit us, when does it not. The more we understand what drives us, the more control we actually have in our lives. *Presented by: Roxanne Thompson*

## D4 (Mixed)

**Location: Denver**

### Racing Toward The NYTD Finish Line: From Process to People

Join the Indiana NYTD Pit Crew on our race toward success. Explore how Indiana checked it's NYTD engine by developing strategies that include authentic youth engagement: Lifting youth voice and youth - adult partnership to improve NYTD survey outcomes. Each lap of the presentation will address a winning strategy for anyone in this race to finish strong. Join us for an interactive presentation and move your

NYTD team to Victory Lane. *Presented by: Anisa Evans, Sheena Mickelson and Ethan Moseby*

## D5 (Mixed)

**Location: Tower Court B**

### COMMUNITY, COLLABORATION, AND PROGRAM DESIGN

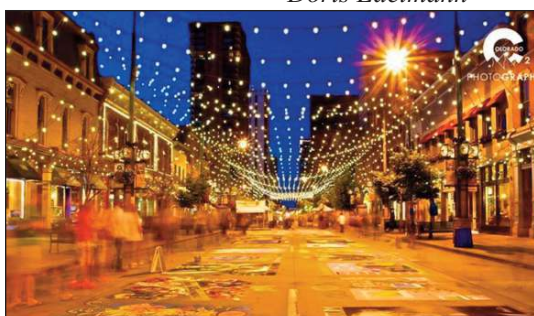
Promises2Kids has worked to support foster youth in San Diego County for over 40 years. Through strategic and innovative partnerships, Promises2Kids has worked to create programming that has supported youth in all stages of care. Promises2Kids has worked directly with government, Child Welfare Services, and countless community collaborative to meet the needs of youth at the source and create programming that will carry them through adulthood. *Presented by: Rashida Elimu*

## D6 (Mixed)

**Location: Tower Court C**

### UNPACKING EXPERIENTIAL HURDLES TO PREVENTION EFFORTS

In light of mounting evidence of the system-induced trauma that youth and families experience, more attention is paid to prevention efforts that help families get the support they need and avert entry into foster care. Through a couple of participatory research workshops, attendees will be invited to unpack where prevention efforts fail to meet the needs of youth and families - those who needed support but didn't ask and those who asked for support but this failed to prevent entry into care. *Presented by: Sarah Fathallah and Steven Olender*



## D7 (Mixed)

**Location: Silver**

### EXPRESS YOUR SELF

Express Your Self is a supercharged platform where participants get to speak from the heart. There will be creative writing, performances, challenges, and prizes. This high-energy workshop is led by conference veteran Mr. Mike Guinn. This is guaranteed to be a fun and highly engaging workshop. *Presented by: Michael Guinn and Valerie Kelso*

## D8 (Youth)

**Location: Gold**

### TEAM UP, DREAM UP

Why is it important to have a solid, support team? Navigating the foster care system is a challenge in itself. "Team Up, Dream Up" focuses on a team building activity that gives you the space & tools to think about the value and importance of having a team behind you while navigating the Foster Care system. Building your team early on will expand your opportunity for growth and independence. *Presented by: Mayda Berrios*

## D9 (Youth)

**Location: Century**

### 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. "For every minute spent organizing, an hour is earned" - Benjamin Franklin  
*Facilitated by: Stacia Burlingame and Doris Edelmann*

12:00p-1:30p

## Lunch (on your own)

There are several restaurants in and around the Sheraton at varying price points. Check out the 16th Street Dining guide for details: [the16thstreetmall.com/Restaurants-Directory](http://the16thstreetmall.com/Restaurants-Directory)

Grab a friend and share a meal together!

12:30p-1:15p

## Bonus (Mixed)

**Location: Spruce**

### MY JOURNEY TO ADVOCACY:

### NETWORKING LUNCH

Bring your lunch and visit with our General Session Speaker for this dynamic networking opportunity. *Facilitated by: Jamerika Haynes-Lewis*

1:30p-3:00p

## E1 (Adult)

**Location: Gold**

### Youth System Organizers of Broward: Youth Voice in the Transition to Independent Living System

The Youth System Organizers of Broward represents a collaborative transition to independent living (TIL) youth and child welfare system professional's initiative to improve the quality and accountability of the local TIL programming. Participants will (1) understand the capacity building strategies, (2) know the collaborative research, organizing and advocacy



activities, and (3) learn the influence the initiative has had on the local child welfare system as well as the positive impact it has had. *Presented by: Cara Malave and Shanika Ramos*

## **E2** (Adult)

**Location: Windows**

### **THE ENNEAGRAM FOR SELF CARE & AWARENESS**

The Enneagram is a centuries-old tool used to understand personality and develop personal awareness. In this workshop, you'll get an introduction to the Enneagram in a way that will appeal to both young people and adults and will give participants an in-depth understanding of how to 1) effectively communicate with others according to their Enneagram type (Center of Intelligence) and 2) how to take care of ourselves and coach others to take care of themselves according to their Enneagram. *Presented by: Cayenna Johnson*

## **E3** (Mixed)

**Location: Tower Court A**

### **THE COMPLETE UNIT**

Through the years, I have asked clients to describe where they feel their feelings. Some are bewildered as to what I am asking. Come join this fun and informative workshop to discover the secrets your body holds. *Presented by: Roxanne Thompson*

## **E4** (Mixed)

**Location: Silver**

### **SHIFTING THE YOUTH ENGAGEMENT PARADIGM**

Many efforts to include lived expertise in child welfare policy have invited individuals to share their stories, while others draw conclusions and identify solutions. This workshop builds on lessons from a convening held in

collaboration with the U.S. Children's Bureau that brought young people with lived experience to engage as collaborators to inform its work plan, inviting attendees to explore shifting the paradigm of youth engagement from tokenizing to empowering. *Presented by: Steven Olender and Natalie Bergstrasser*

## **E5** (Mixed)

**Location: Tower Court B**

### **MENTORSHIP - FOUR WAYS TO BOOST CONFIDENCE IN FOSTER YOUTH**

The ability to help foster youth develop their confidence and self-esteem is one of the most valuable gifts you can share with them. Foster youth that develop inner strength and a positive self-image over time through mentorship are better equipped to face life's challenges and grow up to be a happy, grateful, and responsible adults. This session will share 4 effective ways to boost confidence in foster youth when done consistently over time. *Presented by: Christopher Salem*

## **E6** (Mixed)

**Location: Century**

### **PERSONAL FINANCE CURRICULUM: HOPE FOR THEIR FUTURE**

Join us as we take you on a test-drive of our results driven curriculum. You'll get access to all of Chapter 1 including reading content, video lessons and action packed classroom activities. Join us on our mission by giving our young adults the tools they need to win with money now and for the rest of their lives. *Presented by: Carlina Shotwell*

## **E7** (Mixed)

**Location: Denver**

### **YOUR PATHWAY TO SUCCESS – A DEEP DIVE INTO TRANSITION PLANNING FOR YOUTH AND YOUNG ADULTS**

This workshop will cover Florida's process of transitioning youth and young adults toward adulthood with the "My Pathway to Success Plan", or more commonly known as the "transition plan". The presentation will educate on the timeframes, requirements, and benefits that Florida has implemented for transitioning planning throughout our youth and young adults' matriculation into adulthood or self-sufficiency. Florida understands that planning for adulting can be challenging but with regular transition planning, our youth and young adults are better prepared for decision post 18. *Presented by: Cal Walton and John Watson*

## **E8** (Youth)

**Location: Tower Court D**

### **CIRCLE OF SUPPORT: HELPING YOUTH BUILD LIFELONG CONNECTIONS**

Every person wants to feel connected to others that love and care for them. Unfortunately, many fosters have been deprived of the opportunity for unconditional human connection. Because of this Connections to Independence (C2i) decided to create the Circle of Support program with a goal to connect all foster youth with 5 unpaid, healthy adults. Our staff and youth leaders will guide you through the process of reflecting on your current support system and learn how to build a Circle of Support. *Presented by: Vincent Henry*

### E9 (Youth)

**Location:** Tower Court C

#### Family Matters

Dealing with birth family can be confusing and chaotic. These relationships often require special attention. Through role-playing scenarios and rich group discussion, one can begin to formulate strategies for building safe and healthy relationships with family members. *Presented by: FosterClub LEx (Lived Experience) Leaders*



7:00p-9:30p

### Dance (Mixed)

**Location:** Parlor

*Open to all attendees. Refreshments Provided*

Join us for an evening filled with today's popular tunes. Our DJ will spin the top hits while you show your moves on the dance floor.



8:30a-11:00a

Information Booth Open  
Grand Ballroom Foyer

#### LUGGAGE DROP

**Location:** Grand Ballroom Foyer

For those attendees that will be checking-out of the hotel on Saturday, 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:** Century

#### EXPANSIVE EDUCATION IN COLORADO

Join us as we discuss the collaboration between Colorado agencies in addition to legislative changes that have opened up communication across agencies as well as opportunities for young people in Colorado to engage in. This will be a joint presentation with representatives from Colorado Department of Human Services (CDHS), Colorado Department of Education (CDE), and Colorado Department of Higher Education (CDHE). *Presented by: Maitri Jensen, Lindsey Tapp, Jamie Burciaga and Twyla Esquibel*

### F2 (Mixed)

**Location:** Denver

#### TRANSITIONING TO ADULthood WHILE LIVING WITH AN FASD

We will look at how to help your loved one thrive while making the transition to independence and adulthood while highlighting a brand new cutting edge FASD community in Topeka, Kansas. *Presented by: Kathryn Meinhardt*

### F3 (Mixed)

**Location:** Tower Court D

#### SOARING INTO THE FUTURE OF CASE MANAGEMENT WITH GENERATION Z

Join us for an exciting, in-depth look as we soar into the future of case managing transition-aged youth of Generation Z! This training will be cofacilitated by a youth with lived experience from Generation Z, who will provide their perspective and help the audience explore how to effectively engage Gen-Zer's in finances, education, housing, mental health, and much more! *Presented by: William Thomas, Harry Day and Aaliyah Brown*

### F4 (Mixed)

**Location:** Tower Court C

#### REBUILDING YOUR KINGDOM

Complex trauma can be debilitating causing our body to live in a traumatic stress response. This stress response triggers anxiety, impulsive behaviors, and obsessive thought processes. The Broken Princess/Prince's Program is designed to take participants through the metaphoric castle to help them understand how and where their body holds the trauma, gives them tools to begin releasing the hold the trauma has on them and guiding principles for rebuilding their kingdom. *Presented by: S. Chris Troutt, LMFT*

## F5 (Mixed)

### Location: Tower Court A Keys to Independence- Driving Towards Success

Embrace Families, a 501c3 nonprofit, is a child welfare organization recognized as the current national expert on creating and operating foster youth driving programs. Embrace Families will discuss their experience with assisting current and former foster youth and young adults through the process of gaining independence in driving and removing barriers to make this possible. Other topics will include: driving hours for youth, funding options, purchasing cars, and insurance. They will also discuss their recent expansion of services to include unaccompanied homeless youth and homeless youth and young adults in Florida. *Presented by: Lisa Padua and Maria Bonilla*

## F6 (Mixed)

### Location: Gold YOUTH ADVOCATE PROGRAM OVERVIEW

Join us as we share how Arizona has created a Youth Advocate Program to support transition age youth in AZ. Our unique advantage lies in the fact that we originate from the same system which allows us to offer youth a different perspective. We'll share the outcomes we have seen for youth, including enhanced self-advocacy skills, a more optimistic perspective on life, higher rates of high school graduation, and the development of positive relationships. *Presented by: PK Wood, Malakai Frey, Jewelia Berumen and Kenzie Clark*

## F7 (Mixed)

### Location: Tower Court B DREAM BIG: OVERCOMING ADVERSITY AND HAVING THE AUDACITY TO DREAM BIG

This workshop will review: Navigating the foster care system as a youth and how foster parents can help; College Readiness Support (97% of older foster youth do not graduate from college, how we can change this!); Leadership Development; Why advocacy is so important to youth and their families. And the steps we can take to ensure success! *Presented by: Eugenia Wallace*

10:30a-12:00p

### Location: Grand Ballroom

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.

## Closing General Session by FosterClub LEx Leaders

### FOSTERJEDI: NAVIGATING JUSTICE, EQUITY, DIVERSITY, AND INCLUSION IN CHILD WELFARE

Join FosterClub in embracing Justice, Equity, Diversity, and Inclusion (JEDI) principles for improved youth engagement in the child welfare system. Explore the transformative power of prioritizing the well-being of marginalized young people who face bias and discrimination based on their race, ethnicity, gender identity, sexual orientation, and more. Together, we will cultivate cultural agility, foster a sense of belonging, and strive for authentic connections. Embark on a journey towards reducing harm and fostering genuine connections within the child welfare community. *Presented by: FosterClub LEx (Lived Experience) Leaders*





# ACCREDITATION MATTERS

*Choosing the right accreditation body is essential.*

## Choose CARF:

- As your partner in achieving positive outcomes
- For choice of programs included in your survey, including new standards for **Transition Age Youth** as a program enhancement
- For a transparent fee structure, not revenue based
- For a consultative peer-review process

View all program descriptions: [www.carf.org/Programs/CYS](http://www.carf.org/Programs/CYS)

**carf** INTERNATIONAL  
888-281-6531 cys@carf.org



## EXHIBITORS / RESOURCES

### Silver Level Sponsors

#### CARF

carf.org  
Tucson, AZ

#### FosterClub

fosterclub.com  
Seaside, OR

#### Selfless Love Foundation

selflesslovefoundation.org  
Jupiter, FL

#### Colorado Department of Higher Education (DHE)

cdhe.colorado.gov  
Denver, CO

#### Colorado Department of Human Services

cdhs.colorado.gov  
Denver, CO

#### Daniel Memorial Inc / Daniel Memorial Institute

danielkids.org  
Jacksonville, FL

#### Dream Acres

Topeka, KS  
dreamacresfasdcommunity.org

#### Keys to Independence

keystoindependencefl.com  
Orlando, FL

## Bill Benson

ILP Coordinator/Program Supervisor  
Children and Family Services  
Birmingham, AL

## Mayda Berrios

LEx Leader  
FosterClub  
Dover, DE

## Zaneta Berry

CEO  
LifeologyAZ, Inc  
Phoenix, AZ

## Natalie Bergstrasser

Senior Manager, Community  
Implementation  
Think of Us  
Washington, DC

## Jewelina Berumen

Youth Advocate Specialist  
Arizona Department of Child Safety  
Phoenix, AZ

## Brooke Biederstedt

Director of Independent Living Services  
Nexus-PATH  
Fargo, ND

## Maria Bonilla

Coordinator  
Embrace Families  
Maitland, FL

## Andy Broughton

Director  
The Messengers  
Columbia, SC

## Dave Brown

Messenger  
The Messengers  
Columbia, SC

## Gordan Brown

Messenger  
The Messengers  
Columbia, SC

## Aaliyah Brown

Indiana Department of Child Services  
Indianapolis, IN

## Jamie Burciaga

State Coordinator of Foster Care Education  
Colorado Department of Human Services  
Denver, CO

## Stacia Burlingame

Montgomery County CSD  
Cincinnati, OH

## Wendy Cassavaugh

Wellness Practitioner  
Full Reflections Wellness  
Phoenix, AZ

## Kenzie Clark

Youth Advocate Specialist  
Arizona Department of Child Safety  
Phoenix, AZ

## Deza'Rae Collins

Peer Navigator  
FosterClub  
Terlton, OK

## Megan Conrad

Arizona Department of Child Safety  
Phoenix, AZ

## Talitha Cox

Unit Director of the Youth Support Partner  
Unit  
Youth Support Partner Unit  
Pittsburgh, PA

## Jeff Culver

Section Supervisor  
Kentucky Department for Community Based  
Services  
Louisville, KY

## Jim Currier

State Office Housing Specialist  
Texas Department of Family and Protective  
Services (DFPS)  
Austin, TX

## Laura Daniels

Permanency and Youth Services Coordinator  
Arizona Department of Child Safety  
Phoenix, AZ

## Doris Edelmann

Montgomery County CSD  
Cincinnati, OH

## Rashida Elimu

Director of Programs  
Promises2Kids  
San Diego, CA

## Leslie Ellis-Lang LMFT

Managing Director of Child and Youth  
Services  
CARF International  
Tucson, AZ

## Jasmine Epperson

Children's Aid Society  
Birmingham, AL

## Twyla Esquibel

Director of Outreach & Community  
Engagement  
Colorado Department of Human Services  
Denver, CO

## Anisa Evans

Older Youth Initiatives Manager  
Indiana Department of Child Services  
Indianapolis, IN

## Sue Evans

COO  
Walden Family Services  
San Diego, CA

## Sarah Fathallah

Senior Fellow, Research and Co-founder of  
the Center for Lived Experience  
Think of Us  
Washington, DC

## FosterClub LEx Leaders

Seaside, OR

## Laura Francois

Peer Leader  
LifeologyAZ, Inc  
Phoenix, AZ

## Malakai Frey

Youth Advocate Specialist  
Arizona Department of Child Safety  
Phoenix, AZ

## Kelvin Gilmore

Messenger  
The Messengers  
Denver, CO

## Miranda Graves

Executive Director  
LifeologyAZ, Inc  
Phoenix, AZ

## Michael Guinn, MSW

Actor/Speaker/Poet  
Irving, TX

## Sara Hammell

Youth Support Partner  
Youth Support Partner Unit  
Pittsburgh, PA

## KEYNOTE SPEAKER

### Jamerika Haynes-Lewis

Founder  
Clever Jam Communications  
Denver, CO

**Vincent Henry**  
Circle of Support Coordinator  
Connections to Independence  
Minneapolis, MN

## KEYNOTE SPEAKER

**Tyler Hunter**  
Wright & Hunter Consulting,  
LLC  
Louisville, KY

**Ashawntae James**  
Youth Support Partner  
Youth Support Partner Unit  
Pittsburgh, PA

**Maitri Jensen**  
Foster Care Education Specialist  
Colorado Department of Human  
Services  
Denver, CO

**Cayenna Johnson**  
ExporingEnneagram.com  
Aurora, CO

**Valerie Kelso**  
Speaker/Presenter  
Irving, TX

**Karen Keptner**  
Doctoral Capstone Coordinator  
Cleveland State University  
Cleveland, OH

**Mark Kroner, MSW,LSW**  
National Trainer/Consultant  
Cincinnati, OH

**Falen LeBlanc**  
Senior Youth Services Manager  
FosterClub  
Terlton, OK

**Cara Malave**  
Chief Program Officer  
FLITE Center  
Fort Lauderdale, FL

**Antoinette McSears-Parker**  
Emancipation Unit  
Cleveland State University  
Cleveland, OH

**Kathryn Meinhardt**  
CEO  
Dream Acres  
Topeka, KS

**Sheena Mickelson**  
Independent Living Specialist  
Indiana Department of Child  
Services  
Indianapolis, IN

**Rochelle Mitchell-Miller**  
CEO  
ACCIL  
Greeley, CO

**Chorya Morton**  
Section Supervisor  
Kentucky Department for  
Community Based Services  
Louisville, KY

**Ethan Moseby**  
Indiana Department of Child  
Services  
Indianapolis, IN

**Sydney Nichols**  
Transitional Housing  
Coordinator  
Arizona Department of Child  
Safety  
Phoenix, AZ

**Steven Olender**  
Senior Director of Strategic  
Policy Initiatives  
Think of Us  
Washington, DC

**Lisa Padua**  
Program Director  
Embrace Families  
Maitland, FL

**Gianfranco Patuzzo**  
Housing Services Manager  
Citrus Family Care Network  
Miami, FL

**Jarrett Pratt**  
Director of Student Success, The  
Pratt Center  
Cleveland State University  
Cleveland, OH

**Kimberly Raff, BA**  
Founder/Executive Director  
Foster Alumni Mentors  
Grand Junction, CO

**Shanika Ramos**  
Youth System Organizer  
FLITE Center  
Fort Lauderdale, FL

**Heidi Rankin**  
Associate Director  
Safe & Together Institute  
Canton, CT

**Jessica Rogers**  
Executive Director  
Connections to Independence  
Minneapolis, MN

**Jason Ruiz**  
Section 8 Occp. Specialist  
Citrus Family Care Network  
Miami, FL

**Christopher Salem**  
CEO  
Empowered Fathers in Action,  
Inc.  
Danbury, CT

**Ashley M. Shannon, LSW**  
Foster Alumni Mentors Member  
Grand Junction, CO

**Carlina Shotwell**  
Certified Financial Consultant  
Heritage Financial Co.  
Greenville, NC

**Lindsey Tapp**  
Foster Care Education Specialist  
Colorado Department of Human  
Services  
Denver, CO

**William Thomas**  
Independent Living Specialist  
Indiana Department of Child  
Services  
Indianapolis, IN

**Chris Thompson**  
Messenger  
The Messengers  
Columbia, SC

**Roxanne Thompson**  
Therapist  
Denver Therapy and  
Consultation Group  
Lakewood, CO

**S. Chris Troutt, LMFT**  
CEO Papillion Center for FASD  
Papillion Center for FASD  
Gallatin, TN

**Tamara Vest**  
Policy and Advocacy Analyst  
Kentucky Youth Advocates

**Gaye Vopat**  
Transitional Living Services  
Team Lead  
Texas Department of Family and  
Protective Services (DFPS)  
Austin, TX

**Eugenia Wallace**  
Motivational Speaker, Miss  
Black Missouri USA  
St. Louis, MO

**Cal Walton**  
Deputy Director, Office of  
Continuing Care  
Florida Department of Children  
and Families  
Orlando, FL

**John Watson**  
Youth Advisor  
Florida Department of Children  
and Families  
Orlando, FL

**Samantha Whitley**  
Outreach Specialist  
Children's Aid Society  
Birmingham, AL

**Lorraine Wilbur**  
Chafee Program Administrator  
Kentucky Department for  
Community Based Services  
Louisville, KY

**PK Wood**  
Youth Advocate Specialist  
Arizona Department of Child  
Safety  
Phoenix, AZ

**KEYNOTE SPEAKER**  
**Glenda Wright**  
Wright & Hunter Consulting,  
LLC  
Louisville, KY

**Colleen Wright**  
Coordinator, Multicultural  
Engagement and Success  
Initiatives  
Cleveland State University  
Cleveland, OH



**Plan your experience:** (for quick reference, make a note of the session number & room name that you would like to attend - first and second choice) Arrive early to secure your seat!

A session:

B session:

C session:

D session:

E session:

F session:

Notes:

## Directions to Mezzanine Level

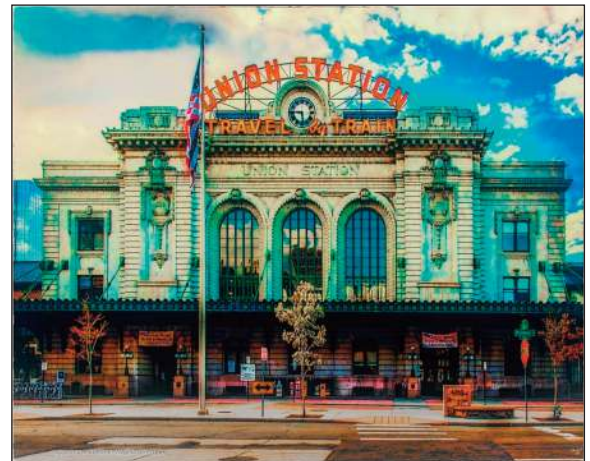
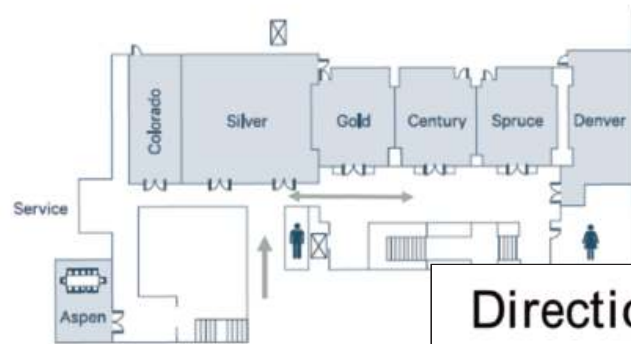
Located in Tower Building

FROM TOWER BUILDING

- Take the Tower Guest Elevators to level M, exit and head toward the open area
- Turn left to continue down the staircase
- At the base of the stairs, turn left to reach Aspen and Colorado, turn right to reach Gold, Century, Spruce, or Denver. Silver is directly ahead.

FROM PLAZA BUILDING

- Take the Plaza Guest Elevators elevator to level 2, exit and cross the sky bridge
- Take the Tower Guest Elevators to level M, exit and head toward the open area
- Turn left to continue down the staircase
- At the base of the stairs, turn left to reach Aspen and Colorado, turn right to reach Gold, Century, Spruce, or Denver. Silver is directly ahead.



## Directions to South Convention Lobby

Located in Tower Building on the Second Level

FROM TOWER BUILDING

- Take the Tower Guest Elevators to level 2, exit and head west (toward the mountains), there is a large foyer space with high vaulted ceilings

FROM PLAZA BUILDING

- Take the Plaza Guest Elevators elevator to level 2, exit and cross the sky bridge
- Head west (toward the mountains), there is a large foyer space with high vaulted ceilings

