

Day

Time

Workshop Title

Workshop Description

Wednesday, June 12, 2019

9:00 - 10:15	Opening Session and Keynote Presented by Rhonda Sciortino // Rallying the Community Around You	Have you ever felt like you were in over your head? Have you ever finally asked for help only to find that there was no one there to help you? Have you ever felt like a child in your care required more than you were able to give? These are just some of the reasons that foster parents throw in the towel. In some areas of the US, there is a 100% turnover rate in foster parents annually. This translates into more grief, loss, and trauma for everyone concerned. What might change if people, organizations, and businesses rallied around you? What if a church group "adopted" your family and provided much needed respite and support? What if local businesses helped your family by providing discounted or free goods and services? What if neighbors acted like extended family? As foster families navigate the future, rallying the community around you will be more important than ever. You will leave this keynote encouraged, energized, and equipped to engage your community!
10:30 - 12:00	What Family First Means for Families	In February 2018, President Trump signed into law the Family First Prevention Services Act (FFPSA) which provides federal funding to support prevention. This session will provide an overview of Family First as well as detail opportunities and challenges posed by the new law. Specifically, presenters will focus on how the law may impact relatives and extended family members caring for children, particularly around access to benefits, funding, supports and services needed to successfully care for and support the child.
10:30 - 12:00	The Cost of Caring-Secondary Trauma and Burnout for Parents and Professionals	Parenting children with trauma histories is rewarding, difficult and demanding all at the same time. Foster Care, Kinship and Adoptive Parenting bring new experiences and challenges which may affect the child in care and the entire family system. This training will address the Cost of Caring and how to effectively manage secondary trauma in order to protect ourselves from burnout. Come practice how to keep other people's chaos from becoming your own chaos!
10:30 - 12:00	Seven Core Issues in Adoption & Permanency	Sharon Kaplan Roszia and Allison Davis Maxon have combined their expertise to create a deeper understanding of the impact that the Seven Cores Issues of Adoption and Permanency, Attachment and Trauma have on the lives of constellation members. With the goal of permanency for children, the evolution of openness in practice, foster to adoption placements, and the inclusion of kinship caregivers, a common language and framework to break down the barriers of communication and assist parents and professionals in understanding the lifelong issues of adoption and permanency is necessary. The Seven Core Issues in Adoption & Permanency provides a framework for clinical competence to address the needs of constellation members.
10:30 - 12:00	The Children's Ark: An Innovative Model for More Compassionate Foster Care	Experienced foster parents, Janet and Paul Mann, of Spokane, Washington, recognized that separation often became the biggest obstacle to reunification. To address this concern, the Manns founded The Children's Ark, a program that allowed parents to reside, under supervision, with their children. Informed by attachment theory and the Circle of Security (COS) intervention (Powell et al., 2014), the Ark focused on the children's best interests while addressing, with compassion, the needs of their parents and also engaging foster parents as important partners. This presentation will highlight the importance of collaboration within a shared theoretical framework and the power of compassion in creating positive change and will engage participants around ways to reimagine foster care that is kinder and more effective.
10:30 - 12:00	What Foster Parents Should Know About Social Media	An examination of the impact of social media and technology on today's society, including its influence on youths' perceptions of reality reveals significant risks for the unaware. This plenary provides realistic, cost-effective strategies to identify vulnerabilities and protect youth that can be immediately implemented by foster, kinship and adoptive parents as well as social workers and educators. Risk factors associated with social media and technology will be identified and reasonable alternative that can lessen children's overexposure to these outlets will be provided.
10:30 - 12:00	Navigating Kinship Placements / Two Perspectives	Kinship placements are on the rise. This workshop will explore how roles and expectations change within the extended family. Grandparents, aunts, and uncles are in the strange situation of adjusting to the role of "parent" to the children they known from birth. The youth who are placed in extended family homes have had the rules changed on them as well. There are feelings of grief surrounding the old relationships between family members and issues of safety and boundary setting with birth parents. There are numerous challenges for the youth as well as the kinship "parents".
10:30 - 12:00	Understanding & Supporting LGBTQ Youth	Foster and adoptive parents are an extremely diverse community of people with one thing in common: the desire to love, nurture and care for children and youth. Many parents may not realize that LGBTQ youth are over-represented in foster care and are at higher risks of rejection and harm while in care. This workshop will first explain key terms and concepts that all foster parents need to know in order to better understand LGBTQ youth. Research on the importance of providing affirming homes for these youth, as well as concrete tips for how to be affirming will then be presented.
10:30 - 12:00	QPI In Sync: Supporting Birth & Resource Family Partnerships	Birth parent-foster parent partnerships help ensure excellent parenting. This workshop will discuss learnings from QPI on how to cultivate a culture in which birth and foster families work together to improve the lives of children by strengthening relationships, communication, and involvement in decision making and policy making. Come hear specific examples of successful practices that support birth parent/resource parent partnerships to strengthen practice and facilitate co-parenting and discuss what is needed to implement similar practices in your jurisdiction. Recommendations developed in this workshop will inform the national work of the Quality Parenting Initiative, and statewide and national reform.

12:00 - 1:45		Lunch (On your Own)
1:45 - 3:15	Caregiver Friendly Courtrooms: Understanding the Juvenile Court Process and Making it More Accessible for Families	Too often, caregivers experience confusion in navigating the juvenile dependency court system. They experience feelings of frustration over not having a voice in court and not understanding timelines and processes.
1:45 - 3:15	ACE's and Your Health	Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and lifelong health and opportunity. Early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs). Adverse Childhood Experiences have been linked to: risky health behaviors, chronic health conditions, decreased life potential, and early death. As the number of ACEs increases, so does the risk. The health and social consequences of ACEs underscore the importance of preventing them before they happen. Come and learn about ACE's, what your ACE score means and <b>what you can do with this knowledge to be proactive and build resilience in living your best life possible!</b>
1:45 - 3:15	Stop Child Sex Trafficking	This workshop will provide attendees with all the materials to take back to their communities to share with family, friends, and neighbors to STOP CHILD SEX TRAFFICKING in their neighborhoods. Foster kids are prime targets for traffickers because they are compliant victims. There are steps we can take to help the young people within our influence to make better choices, protect themselves, and to create successful lives. Attendees will take away these tips as well as the 5 SIGNS of possible trafficking and the 1 ACTION to take to stop the <b>commercial sexual exploitation of children in our neighborhoods. If not us, who?</b>
1:45 - 3:15	Adoption Assistance and Federal Adoption Tax Credit - Part 1	In this session, you will learn the basics of adoption assistance for children adopted from foster care. Topics include eligibility, benefits, taxes, and more. Participants will receive state specific information and will come away with concrete information and strategies to better <b>advocate for foster and adopted children with special needs. There will also be an overview of the Federal Adoption Tax Credit.</b>
1:45 - 3:15	Cut Your Spending Even If The Cost of Raising Kids is Breaking The Bank	Learn an innovative way to reduce spending even if the cost of raising kids is breaking the bank, budgeting hasn't worked for, and if you have recurring spending arguments with your spouse. Parents often struggle to find money in their budget while raising kids. This stresses the relationship between parents and kids because money is tight, and they feel behind on saving for the future. The problem is that traditional budgeting doesn't work for most people. Rob will teach his Keep, Cut Back, eliminate budgeting technique to help you sustainably reduce spending. Use this extra money to build savings and pay back debt. This session is especially effective for couples but <b>works for single parents as well.</b>
1:45 - 3:15	Writing for Our Lives: A Life-Writing Workshop for Caregivers Working with Foster and Adopted Children	An introductory life-writing workshop, focused on the experiences and emotions of caregivers who work with children in care and their families. Written exploration of complex moments and revealing glimpses may help professionals and caregivers process the triumphs, losses, and challenging moments involved. While much of the workshop will be experiential, a replicable "photo album" format and process instructions will enable participants to re-teach the workshop in other settings; reflective writing as a means of self-care and personal growth will also be discussed.. A few short excerpt from my own memoir, COUNTING DOWN: A Memoir of Foster Parenting and Beyond, <b>might be shared as examples of how to expand a critical moment.</b>
1:45 - 3:15	F.A.S.T. Supporting Your Foster Homes in the Future!	An interactive workshop for local FAPAs, licensing, foster support and others to learn how supporting a foster home during an allegation can help to retain foster homes. F.A.S.T. supports foster parents during allegations. Learn the support process through this traumatic time. How to set up support in your area. Support is essential to maintain our precious homes and this is a great way to support them.
1:45 - 3:15	QPI and CYC Fostering Stability: It Takes a Village	Come hear about California Youth Connection youth leaders' campaign to ensure every child and youth has the stability they deserve and about their partnership with QPI to place youth at the center of system change. Research has definitively confirmed the experiences shared by youth: stability is critical to the well-being, happiness and success of children in foster care. Disruptions in living situations can be extremely detrimental to youth's education, relationships, activities, and childhoods. We know improving placement selection practices, sharing of information, social, emotional, and practical support to resource parents and youth can all positively impact the stability youth <b>need. Recommendations developed in this workshop will inform state and national reform.</b>
3:30 - 5:00	How Can I Get Them to Understand?	Foster parents so want to advocate for your their children with teachers, lawyers, doctors, judges and even relatives. Often they are looked at as if they are speaking a different language. This workshop will give specific techniques to communicate the needs of the child in a way <b>that is accepted by these professionals. Presentation will be interactive and fun.</b>
3:30 - 5:00	Problem Sexual Behaviors of Children: What Is Proven To Help?	Exposure to violence, abuse, toxic stress and maltreatment can lead to a range of problem behaviors for children. Among those causing the greatest distress for caregivers, case-workers and clinicians -as well as disruption in the lives of children -are problem sexual behaviors (PSB). This breakout session provides information on PSB, typical sexual behaviors, guidance from treatment evidence on what helps to <b>reduce these behaviors and prevention information.</b>
3:30 - 5:00	Improving the Customer Experience: Using survey data to address barriers and improve inquiry-to-licensing experience for foster families.	As child welfare systems seek to recruit more foster families, it's crucial for prospective parents to be able to move through from inquiry to licensure smoothly and efficiently. This workshop will highlight key barriers identified by prospective foster parents as they move from inquiry to licensure and offer strategies for agencies to improve the "customer" experience for families pursuing foster parenting. Presenters will share insights from AdoptUSKids' national survey data on barriers experienced by prospective resource families, provide tips on developing and using a similar survey in participants' own systems, and facilitate discussion about barriers families face and strategies to <b>improve the process to strengthen the impact of recruitment efforts.</b>

3:30 - 5:00	Adoption Assistance and Federal Adoption Tax Credit - Part 2	In this session, you will learn the basics of adoption assistance for children adopted from foster care. Topics include eligibility, benefits, taxes, and more. Participants will receive state specific information and will come away with concrete information and strategies to better <u>advocate for foster and adopted children with special needs. There will also be an overview of the Federal Adoption Tax Credit.</u>
3:30 - 5:00	InstuMENTal	This annual workshop is specifically targeted to all Males: social workers, biological and step-fathers, foster dads and male kinship caregivers. This Men's Only group creates the opportunity to share successes and challenges from the male perspective. This is a strength based, solution focused opportunity to discuss ways Foster Fathers (and others) can be better acknowledged and utilized in the Child Welfare system.
3:30 - 5:00	The Power of Stories and Storytelling for Children with Trauma	This very effective power-point presentation using many visuals as well as text. It will introduce participants both to stories and storytelling as an invaluable resource to use with children who are adopted or in foster care. The power-point shows how trauma often creates fragmented or incoherent sense of the past. And it will present different ways young people can express themselves in various modes. Stories are a universal and ages-old way to learn and communicate. Listening to stories of all types can improve a child's understanding of his/her self and their ability to communicate with others. It can also help develop attachment!! Story-telling is often valuable for people who <u>have experienced trauma. Learn different ways children can share their stories.</u>
3:30 - 5:00	When It's Not Love at First Sight: Strengthening the bond with your hard to reach child	Have you ever felt left out from the stories surrounding foster care and adoption that only include happy parents, smiling kids. and Pinterest-worthy family photos? Have you ever felt like the bond with your child is two steps forward and one step back? Come and hear how a fierce love for your kids can be cultivated over time. Come and learn to lose the guilt that it wasn't love at first sight. Come and see that you are not alone.
5:30 - 7:00	<b>NFPA Champions Reception Presented by United Healthcare</b>	<b>Come join us for an evening of hors d'oeuvres and meet attendees and members of the National Foster Parent Association. This event is open to all registered attendees, presenters, and exhibitors.</b>
9:00 - 10:30	TBD	
10:45 - 12:15	Partnering with Child Welfare to Improve Outcomes for Kinship Families	Foster Kinship's Child Welfare Training Program partners closely with the local child welfare agency to improve outcomes for kinship families caring for children in the foster care system. The session will explain the training model, including new caregiver information sessions, kinship licensing classes, and additional trainings required to meet licensing standards. All trainings are designed to increase the safety, stability, and nurturing capacity of kinship families by providing accurate information and removing barriers to licensing in order to increase the number of licensed kinship homes and positive kinship family permanency outcomes.
10:45 - 12:15	The Trauma Informed Classroom-Using Emotional Regulatory Hearing	Based on an article written by Denise Rice, LCSW in the September 2013 issue of Fostering Families Magazine, this workshop will outline the core principles of Emotional Regulatory Healing and how to incorporate this paradigm into the educational system. Foster, kinship and adoptive parents of children with trauma histories are encouraged to attend and brainstorm practical ways to advocate for their children's <u>needs in the schools, using trauma sensitive language and suggestions.</u>
10:45 - 12:15	Who Cares: A National Count of Foster Homes and Families	On Oct. 16, 2018, The Chronicle of Social Change published a national reporting project: Who Cares: A National Count of Foster Homes and Families. Who Cares is a rigorous examination of the nation's foster care system, and its capacity to care for the children who enter it. Join us for a discussion on the report findings, including increased reliance on kin care, and to answer your questions regarding how federal <u>policy may impact foster care capacity.</u>
10:45 - 12:15	Advocacy 101	In this session you will learn the tools to advocate for your child and for all children. The session will start with problem identification, move on to laws or rules that cover the problem, and how to find a solution. Those concepts will then be expanded to class advocacy, <u>advocating for all children.</u>
10:45 - 12:15	Identifying and Helping Trafficked Victims in Care	How to identify trafficking victims, how to know what might be going on with our youth and how to avoid it; and then what to do about it if it occurs. Workshop give an overall real life view of how traffickers "choose" their victims, and how the youth are coerced into being enslaved.
10:45 - 12:15	Dare To Love Yourself	This workshop consists of a facilitated process of discussions, exercises, coaching and mini-lectures aimed at empowering participants to love themselves in unprecedented ways. Participants will break through their "story" and release their holdbacks so that they experience complete self-love and total self-acceptance. A loving environment for self-discovery, awareness, forgiveness, and healing is created in this workshop. This is a powerful opportunity for all, who have entered, to refuel their 'love' tanks so that they may be a 100% for themselves <u>and their loved ones.</u>
10:45 - 12:15	Parliamentary Procedure-Conducting Efficient Association Meetings	Participants will learn to conduct efficient association meetings but utilizing Robert's Rules of Order. The Order of Business, Types of Motions, and Vote Required to Pass will be covered in the workshop. Keeping it legal is essential in today's business world with accurate records plus documentation protects your group or business by ensuring meetings are conducted following the rules and documentation of <u>meeting details. Protect yourself and protect your organization by knowing the rules!</u>
10:45 - 12:15	Creating a Statewide Caregiver Policy Agenda	Have foster and kinship caregivers created a policy agenda in your state? Do you know why a policy agenda is important and how it can be used? Please join us to learn about California's first statewide caregiver policy agenda, how it is created and how you can create one for your state or community.
12:15 - 2:00	Lunch (On your Own)	

2:00 - 3:30	Breaking Down a Kinship Navigator Program	Foster Kinships' Navigator program increases kinship caregivers' capacity to provide safe, stable, and nurturing homes for children by addressing the immediate needs of kinship children, working towards the most permanent legal status for the family, ensuring families receive financial support and increasing the quality of parenting kinship caregivers provide. This session will describe our effective, evidence-informed model, including implementation, execution, working with clients, working with systems, and addressing barriers. This session will highlight solution-focused approaches to making it work with limited monetary resources.
2:00 - 3:30	Brains, Behavior and Regulation-Understanding Trauma through a New Lens	Our experiences and relationships have all laid a foundation to how we react and respond to a variety of situations and experiences. When trauma is woven into these experiences and interactions, our behaviors may become inappropriate or "maladaptive." Parenting is stressful enough, but when you add a child or youth to the mix with a trauma history, the day to day life can be downright exhausting. This session will take a more in depth look at the trauma behind the behaviors, uncover the function of these behaviors (there is a function to every behavior!) and how caregivers can begin the process of responding to our children from a trauma sensitive perspective!
2:00 - 3:30	But For the Grace of God There Go I	The National Families First Act encourages foster parents to mentor birth families to be able to get their child home. Foster parents often find it hard to accept birth parents, much less forgive them for hurting the child in their home. This workshop will address ways for foster parents to get past these strong feelings. In the process, the child will be helped. Birth parents often grew up with trauma and do not know how to nurture and give structure. Foster parents are being asked to step up to the plate and help parents do that. Participants will learn to do this safely.
2:00 - 3:30	Raising a Foster Child to Thrive	As foster parents and advocates, we want our children to succeed, to thrive. But our kids are coming to us with a past that we cannot control or change. How can we help our kids overcome past experiences and enable them to grow into thriving adults? In this session, look at how to connect neuroscientific knowledge and practical application to develop confident adults equipped with the tools to achieve their potential.
2:00 - 3:30	Supporting Families in The Transition From Providing Foster Care to Lifelong Permanence	Many children and youth who are adopted from the foster care system find permanence with their foster or kinship families, often after living with them for months or years. Child welfare systems need to be prepared to engage with resource families and provide them with the information, training, resources, and support that can help them to understand and fully embrace the transition to adoption and the significant shift that lifelong permanence entails for all involved. This workshop presentation and discussion will provide information and specific strategies that can assist child welfare professionals in their role in supporting resource families who adopt children and youth who are already in their care.
2:00 - 3:30	The Explosive Parent	Foster care and adoption often bring parents' deep insecurities to the surface, which can lead to explosive anger and rage. It's common for these parents to wonder where that amount of anger comes from. In this presentation, we will take a look at the roots of our explosiveness and talk about practical, scientifically-rooted mindfulness techniques to calm our explosions.
2:00 - 3:30	Planning Your Policymaker Education Day	California Alliance of Caregivers and the Alliance of Children's Rights have co-hosted 2 very effective policymaker education days in 2018 & 2019. In 2018, advocacy led to unprecedented action (in 60 days!) - relative caregivers were able to access a foster care payment at the time of placement. Learn about how "Caregiver Day at the Capitol" is planned and executed in California.
2:00 - 3:30	The Impact of Fostering, Kinship Care Giving, and Adopting on Birth Children	This workshop addresses the impact of fostering and adopting on birth children of foster and adoptive parents. We will provides insight into the challenges that birth children experience as other children come and go, and as their family dynamics change. A major focus is how to assess and ensure supports for birth children as their families engage in fostering and/or adopting. Presenters will share a personal story as the birth child of kinship, foster, and adoptive parents and integrate that experience with research conducted on birth children's perspectives. There will be opportunity for participants to meet in small groups to share strategies for addressing this challenge.
3:45 - 5:15	The Importance of Caring for Yourself Before You Can Effectively Care for Others...Caregiver Burnout and Self-care	This workshop is designed to provide parents, providers, and caregivers with tools that will enable them to effectively care for themselves while supporting the children in their care. The information that the participants receive will help them to identify and cope with the challenges that they and the children experience as they assimilate into new environments and build their new family structure.
3:45 - 5:15	No Hablo Español, but the Child in my Care Does: Basic Spanish for Resource Parents	What happens when a Spanish-speaking child enters your home, and you don't know any Spanish, and he/she doesn't know any English? How will you communicate? This workshop is designed to teach English-speaking resource parents some basic Spanish for interacting with a Spanish-speaking child. For example, resource parents will learn the sound system so they are able to read a storybook to a child on their first night in the home. This course aims to equip resource parents with the vocabulary necessary to communicate. Relevant parenting topics such as bathing, eating and getting ready for school will be taught. This is a very interactive workshop; attendees should be prepared to actively participate in this language class.
3:45 - 5:15	The Importance of a Positive Cultural Identity in Foster Children	Eagledancer Youth and Family Services has provided foster care services to Native American tribes in the Four Corners area for 30 years. We have been successful at helping families foster children that are from a different cultural background than themselves. In this workshop you will gain a better understanding of cultural identity and its role in helping children develop self-esteem, individual worth, and resiliency. You will learn about the importance of culture in your own life, how to help children develop a positive cultural identity, and strategies on how to blend cultures within your home.

3:45 - 5:15	Adverse Childhood Experiences, Brain Development, and Trust-Based Relational Intervention (TBRI)	This hands on workshop will provide an overview of Trust-Based Relational Intervention (TBRI). TBRI is a holistic approach that is multi-disciplinary, flexible, and attachment-centered. It is an evidence-based, trauma-informed intervention that is specifically designed for children who have adverse childhood experiences. TBRI® consists of three sets of principles: connecting, empowering, and correcting. We will explore the risk factors for trauma that influence the way children think, trust, and connect with others. A discussion of how these risk factors can change children's brain development and brain chemistry will be included. Attendees will receive strategies and tools to help <u>children along the path to healthy connection and functioning.</u>
3:45 - 5:15	Rethinking Challenging Kids: Collaborative Problem Solving with kids in Foster Care	Kids do well if they can, not because they want to. In this session, led by a foster and adoptive parent, we'll explore the foundations of Collaborative Problem Solving, an evidence-based approach to challenging behavior that is grounded in relationship and skill building, and that has demonstrated success in families across the US and Canada. Participants will leave with concrete skills they can put into action the <u>same day. Join us to learn what families across the US have learned: where there's a skill, there's a way.</u>
3:45 - 5:15	Calling All Trainers!!	This workshop is designed for everyone involved in foster care training and curriculum development. This annual tradition provides the opportunity to share innovations and challenges on training topics such as competency-based, pre-service, in-service, evidence-based/informed, and funding. Whether you are a long-time trainer and curriculum developer or new in the field, are with a public or private agency, university, or foster parent association. this is an excellent opportunity for networking. Everyone interested in developing <u>educational supports for kinship caregivers are also welcome.</u>
3:45 - 5:15	The Impact of Fostering, Kinship Care Giving, and Adopting on Birth Children	This workshop addresses the impact of fostering and adopting on birth children of foster and adoptive parents. We will provides insight into the challenges that birth children experience as other children come and go, and as their family dynamics change. A major focus is how to assess and ensure supports for birth children as their families engage in fostering and/or adopting. Presenters will share a personal story as the birth child of kinship, foster, and adoptive parents and integrate that experience with research conducted on birth children's perspectives. There will be opportunity for participants to meet in small groups to share strategies for addressing this challenge.
8:30 - 10:00	<b>Keynote Presented by Mary McGowan // Hold On, Change Is Coming</b>	<b>If you do the same thing the same way, you get the same result. The hardest work is moving from your head to action. To change behaviors and help children heal, we first need to be willing to look within and understand what is behind misbehavior. As a professional in the field and a parent of 5, Mary will share her real- life stories of parenting and working with children with a hands-on no-nonsense approach. You will come away with a better understanding of reading misbehavior and how this translates into therapeutic caregiving.</b>
10:15 - 11:45	The Importance of Ethnic Hair Care Amongst Foster Children	This presentation will explore how the proper caring of ethnic children's hair increases self esteem, self worth, and culturally sensitive connections. Presenters will discuss the challenges that children face when their caregivers are not able to properly care for their hair. The cultural and identity implications associated with hair care. Participates will have the opportunity to witness and gain hands on skills to <u>care for their children's hair.</u>
10:15 - 11:45	Connecting Children to Safe, Nurturing, & Enduring Relationships: Navigating the Stages of Disruption	When foster parents and kinship caregivers feel they no longer have the ability, resources, or willingness to parent the children in their care, and they ask for the children to leave, they may not know there are actual stages they go through before they make that disruption decision. Navigating those stages with supportive child welfare agency staff can help ensure that by maximizing teamwork, they can minimize trauma. This workshop explains the stages and provides direction for disruption preventions and interventions. This, in turn, increases the <u>opportunities for children to be connected with relationships that are safe, nurturing, and enduring.</u>
10:15 - 11:45	Communicating and Collaborating with CASA Volunteers	What does it mean when a young person is appointed a CASA volunteer? How does the role of a CASA differ from that of the attorney or social worker and how can they help support foster parents? This workshop will explain the role of the CASA volunteer and provide an overview of the CASA of Los Angeles program. Our interactive panel will discuss how foster parents can work together with <u>CASA volunteers to support the young people in their care and advocate for their best interests.</u>
10:15 - 11:45	Improving Communication & Relationship with Foster Teens	Foster parents and advocates face unique situations and challenges throughout day-to-day life with their teens. Designed for attendees who are already familiar with the Biosocial Cognition model, this practical, more advanced workshop, delves further into how to overcome the difficult challenges we face with our youth. Ultimately, using your understanding of how and why memories are affecting your teen's behavior, you can better identify needs, understand where they are coming from, and improve your communication and relationship with <u>your foster teens.</u>
10:15 - 11:45	Effectively Working With Birth Families	Even after a child is removed from their biological family, they remain a critical part of the child's life. Caregivers, workers and others continue to work with and sometimes see the effects of these relationships throughout their time in care and even after adoption. This training will discuss the importance of birth families, how a parent's own trauma history may influence relationships, and provide strategies on how to improve and build better relationships with biological families. The advantages of parent mentoring and how it can help promote <u>family stability will also be discussed.</u>
10:15 - 11:45	Team Work Makes Their Dreams Work!	Children in foster and adoptive homes have multiple individuals involved in their lives (Biological Family, Foster Family, Social Worker, GAL, Therapist, etc.). Often times these individuals, while working towards the same goals, take different paths which create challenges in reaching the goals for the child. This workshop breaks down the important roles of individuals in a foster/adoptive child's life. We will discuss common barriers and areas of conflict as well as solutions for overcoming those challenges.

10:15 - 11:45	Collaborating To Reduce Out of Home Care	Kentucky Youth Advocates and UnitedHealthcare Community & State will demonstrate how one data point and getting people around the table can lead to new ways of thinking about how to reduce the number of children in out of home care. What data is available to better help you understand the issue? What is driving out of home care in your neck of the woods? What local assets could be leveraged to reduce those numbers? What obstacles need to be addressed to keep children in their homes? KYA and UHC will take you with them on how it was accomplished across Kentucky and how you can utilize the data and approach in your community.
10:15 - 11:45	Loving, Understanding, and Fostering Teens	Teens are typically the most difficult to place and generally have the least successful placements. The reasons can vary; such as fear, feeling ill-equipped, or misunderstanding the teen in foster care. <i>Loving, Understanding and Fostering Teens</i> will equip you with tools to parent effectively, keep your sanity and increase the likelihood of a successful teen placement. You will gain insights that will help you understand the teen in foster care, as well as learn practical, down to earth ways to approach some of the most common and challenging behaviors teens may display. <i>Loving, Understanding, and Fostering Teens</i> is relevant, essential and empowering for both seasoned foster parents and those considering fostering teen.
12:00 - 1:30	Annual Appreciation Luncheon Sponsored by Centene	<b>We are so appreciative of everyone who has joined us for our Annual Education Conference. Join us for a lively event where guests are invited to attend and are served a delicious lunch, sponsored by Centene, as a token of our gratitude for your support throughout the year. We will have special guests speakers, auction winners, 50/50 drawing, quilt auction, and presentation of the National Foster Parent Association's awards.</b>
1:30 - 2:15	Walk Me Home Event	<b>After lunch, join the National Foster Parent Association's annual Walk Me Home event to support family foster care. Grab your blue bandana and head out the main doors of the hotel as we take a quick stroll around the hotel to raise awareness for children in out-of-home care. Donations to the annual Walk Me Home event can be made online at <a href="http://bit.ly/WMH49">bit.ly/WMH49</a></b>
2:45 - 4:15	Love is Love: Empowering LGBTQI Youth	An introduction to the lesbian, gay, bisexual, transgender, questioning or queer, and intersex (LGBTQI) community. We will define sexual orientation and gender identity, and discuss societal, emotional and specific issues faced by LGBTQI youth. This course also offers practical advice on how resource parents can effectively provide LGBTQI youth with support and care. Resource parents will have the opportunity to <u>ask hard questions to gain further understanding of how to best care for our LGBTQI youth.</u>
2:45 - 4:15	Sharing Our Stories: A Foster and Adoptive Parents' Story Circle	An event for foster and adoptive parents to share stories within the community that best understands their experiences. Parenting children from trauma can feel isolating, and even good friends may not recognize the hard-fought "wins" we hope children experience in our care. An opening reading from one presenter's new foster parenting memoir, COUNTING DOWN, and other prompts will serve as a springboard for participants to share their own experiences of the daily revelations, challenges, and rewards of caregiving. All too rare in "real life," the <u>chance to connect with peers through storytelling and story-hearing can be a great source of support.</u>
2:45 - 4:15	A Disorganized Toddler in Foster Care: Healing and change from an attachment theory perspective.	Drawing from our book, <i>Creating Compassionate Foster Care: Lessons of Hope from Children and Families in Crisis</i> , we use an engaging case account to illuminate participants' understanding of children's attachment needs and ways to provide care for children with disorganized attachments. We will focus on the story of Rachel, a profoundly disorganized toddler, and the lessons she taught us about how we can do better for children in foster care. Experienced foster parent, Janet Mann, will share six principles of care (e.g., "Behavior as need," "Cues and miscues") that emerged from her work with Rachel. Our presentation reflects 20 years of experience in foster care, including <u>developing an innovative foster care program, and will engage participants in dialogue and reflection.</u>
2:45 - 4:15	Managing Challenging Behaviors and Staying Positive	We can literally have Post Traumatic Stress from our children's negative behavior. Even if we do not say anything kids will pick up our emotions and not feel safe. This will lead to more upsetting behavior. This workshop will address the cause of our reaction. Very specific techniques will be given to handle the Children's behavior in a way that benefits everyone. This is an interactive presentation and <u>participants will have fun.</u>
2:45 - 4:15	Beyond Burnout: A model called CE-CERT for Secondary Trauma Symptoms	Many of us involved in the lives of children who have experienced maltreatment and removal also know first-hand the stress, fatigue and secondary trauma that can come with the territory. Regrettably the advice often is: - do more "self-care"! Yet simply surviving our roles every day doesn't cut it. Sustaining while also helping those with trauma means that we learn how to not just 'get by', but feel that what we do is meaningful even enjoyable! A new evidence-informed model: Components for Enhancing Clinician Experience and Reducing Trauma (CE-CERT) is a skills-based approach for ALL helpers in any helping role to get beyond self-care by using specific skills to help us <u>emotionally connect and thrive in our helping.</u>
2:45 - 4:15	How are you feeling? Supporting the mental wellness of youth by training foster parents in Youth Mental Health First Aid®.	Youth Mental Health First Aid® is a public education program designed for adults who work with youth ages 12–18. To date more than 1.5 million foster parents, community members, teachers and other school staff have been taught to recognize the signs and symptoms of mental illness and substance use early, provide support, deescalate possible crisis and refer young people to professional help or other supports. This workshop outlines the background, mission and reach of this evidence-based public education program, discusses federal, state and local support, delves into the course content—including foster parent-specific scenarios, and provides participants with increased <u>awareness and specific skills to that they can implement immediately.</u>

Saturday, June 15, 2019

2:45 - 4:15	Collaborating To Reduce Out of Home Care	Kentucky Youth Advocates and UnitedHealthcare Community & State will demonstrate how one data point and getting people around the table can lead to new ways of thinking about how to reduce the number of children in out of home care. What data is available to better help you understand the issue? What is driving out of home care in your neck of the woods? What local assets could be leveraged to reduce those numbers? What obstacles need to be addressed to keep children in their homes? KYA and UHC will take you with them on how it was accomplished across Kentucky and how you can utilize the data and approach in your community.
2:45 - 4:15	Crossing the Cultural Divide	As cross-cultural fostering and adoption increase, the need for greater understanding between diverse cultures is critical to successful placements and can promote feelings of acceptance for the child. The purpose of this class is to bring awareness of cultural differences of children in foster care and to learn how to honor and incorporate their customs and traditions in the home. You will also become aware of different values of other ethnicities and how to positively deal with and overcome the negativity often shown by others towards those who choose to foster and adopt children across cultures.
9:00 - 10:00	The National Foster Parent Association's Annual Meeting	Join us for breakfast and coffee, provided by United Healthcare, as we present our annual summary and introduce our Board of Directors. This meeting is open to the public.
10:00 - 12:00	Keynote Presented by Josh Shipp in Partnership with United Healthcare // How One Person Can Make A Difference in The Life of A Child	<p>Josh Shipp, nationally renowned motivational speaker and former foster youth will keynote the 49th Annual Education Conference, Navigating the Future, to be held June 12 – 15, 2019 at Delta Hotels by Marriott Anaheim Garden. On Saturday, June 15, 2019, Shipp will engage many hundreds of foster, adoptive, and kinship families, advocates, and child welfare professionals nationwide. His message is simple, powerful, entertaining and provides inspiration and strategies to care for and work with children and teens who have been abused and neglected.</p> <p>He inspires others through telling his own life story of triumph over tragedy. Shipp urges his audiences to live life to its fullest and illustrates how to overcome some of the common and not-so-common struggles facing today's youth. "I am who I am today because I chose to take advantage of opportunities given to me," Shipp tells his listeners. "If you don't identify who you are, others will." His mother abandoned him at an Oklahoma City hospital. Consequently, Shipp ended up being shuffled around the foster care system for the next 14 years of his life. During those difficult years, Shipp was abused physically and sexually, he said.</p> <p>"If you don't talk it out, you're going to act it out," Shipp said. Shipp's way of acting out was to form figurative walls between himself and the world, to protect himself from getting hurt. He tried to sabotage his foster situations, did poorly in school, was desperately overweight and became severely depressed and suicidal.</p> <p>But then along came Rodney and Christine Weidenmaier, of Yukon, Oklahoma (they now live in Missouri). The couple were practically professional foster parents. They'd taken in dozens of kids in need over the years, and when Shipp was 14, he was invited into the Weidenmaiers' home, where he stayed until he graduated high school.</p> <p>"They were truly one of the best things that ever happened to me," Shipp said. "The encouraging thing for other parents, whether your kids are your own or they're foster kids, is that my parents did miraculous work on me, but they're just your average, everyday parents. They don't have some kind of magic wand that the rest of us aren't capable of. They are just consistent and loving and gave me an environment of stability."</p>