



7th annual
NCIMHA Conference and Annual Meeting

BEYOND ACES AWARENESS:

Preventing Toxic Stress and Promoting Resilience and Equity for All

**MONDAY
 11.5.18**

7:30 am – 4:00 pm
 Greensboro Marriott
 Downtown
 304 N. Greene St.
 Greensboro, NC 27401

Early Childhood Mental Health is a multidisciplinary field inclusive of mental health professionals, early interventionists, early educators, parent educators, health professionals and anyone who works to build the capacity of adults to provide safe, nurturing environments and relationships for children under 5.

As our field evolves, we are exposed to concepts (e.g., Adverse Childhood Experiences/Adverse Community Environments, Toxic Stress, Intergenerational and Historical Trauma) that expand our understanding of both the vulnerabilities and opportunities of the first 2000 days of life. Applying all of these big ideas to our work can be overwhelming but can also energize us to collaborate across sectors and disciplines to invent, and implement, wise actions.

Participants in this year’s conference will connect the dots between these concepts, learn strategies for building resilient communities that protect young children and families, and promote healing and equity for all.

Keynote Speaker



Chandra Ghosh Ippen, PhD

Chandra Ghosh Ippen is the Associate Director of the Child Trauma Research Program at the University of California, San Francisco and the Director of Dissemination and Implementation for Child-Parent Psychotherapy (CPP). She is a member of the board of directors of ZERO TO THREE and specializes in working with young children who have experienced trauma. She has co-authored over 20 publications on trauma and diversity-informed practice, including the manual for CPP, a randomized trial documenting the efficacy of CPP, the children’s story “Once I Was Very Very Scared,” and the Trinka and Sam story series, which has reached over 200,000 families across the world. She has over 14 years of experience conducting trainings nationally and internationally in diversity-informed practice and Child-Parent Psychotherapy. She also has a lifetime mission to bake 1000 pies and a pie in all 50 states.

Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Discuss at least three core concepts related to trauma and diversity.
- Explain the connection between strong emotions and the tendency to use less flexible thinking to employ stereotypes.
- Define the concept of a diversity-related port of entry.

SPONSORED BY NORTH CAROLINA INFANT/YOUNG CHILD MENTAL HEALTH ASSOCIATION



WWW.WAKEAHEC.ORG

Target Audience

Early childhood professionals working across a wide range of roles and settings to promote children's social and emotional well-being, including child protective services staff, child care providers, early interventionists, health department staff, home visitors, licensed professional counselors, marriage and family counselors, nurses, nurse practitioners, physician assistants, physicians, psychologists, school administrators, social workers, special educators, teachers and all other interested professionals

Agenda

7:30 am	Registration
8:45	Welcome
9:00	Keynote
10:30	Break/Posters (not eligible for credit)
10:45	Keynote (cont.)
12:15 pm	Annual updates/lunch (not eligible for credit)
1:05	Transition/Break
1:15	Concurrent Sessions A
2:30	Break/Posters (not eligible for credit)
2:45	Concurrent Sessions B
4:00 pm	Adjourn

Credit

Category A NC Psychology Credit: This program will provide 5.5 contact hours (Category A) of continuing education for North Carolina Psychologists. Partial credit will not be awarded.

Public School Personnel Renewal Credit (PSPR): Certificates of attendance will be provided to participants desiring Public School Personnel Renewal Credit.



This program has been approved for 5.5 contact hour credits (CHC's) by the Division of Child Development and Early

Education, North Carolina Department of Health and Human Services.

Contact Hours and CEUs: Wake AHEC will provide 0.6 CEU to participants upon completion of this activity.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Wake AHEC will provide up to 5.5 Contact Hours to participants.

Wake AHEC is part of the North Carolina AHEC Program.

Registration Fee

- **Early Fee** – \$195; after October 22, 2018 - \$220. Vouchers will be accepted.
- **Student Fee** – \$35
- Fee will include association membership, online handouts and certificate of completion.
- Breakfast and lunch will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend Wake AHEC programs. However, for the NCIMHA Conference, breastfed babies six months and younger only are welcome! There will be a room set up for feeding and pumping if needed.
- Visit www.wakeahec.org for our Inclement Weather Policy.

Cancellations and Refunds

No refunds will be issued unless we are notified by 5pm, on Wednesday, October 31, 2018. A \$60 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Hotel Reservations

A block of rooms has been set up at the Greensboro Marriott Downtown with a special rate of \$139 per night plus tax.

Greensboro Marriott Downtown
304 N. Greene St.
Greensboro, NC 27401
336-379-8000 phone

Reservations by phone: Call 336-379-8000 and provide the name NC Infant Mental Health Conference. **Reservations must be made no later than October 1, 2018.**

ADA Statement

Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3-4 weeks, so please give us as much notice as possible to make appropriate arrangements.

Special Instructions

Please bring a sweater or jacket to ensure your comfort.

Questions?

Contact Lorie Houston at 919-350-0471 or lhouston@wakeahec.org.

CONFERENCE SPEAKERS

Keynote Speaker

Chandra Ghosh Ippen, PhD

Associate Director and Dissemination Director
Child Trauma Research Program
University of California, San Francisco
San Francisco, CA

Sessions A & B Speakers

Katie Rosanbalm, PhD

Research Scholar
Center for Child and Family Policy
Duke University

Ennis C. Baker, MSW, LCSW

Early Childhood Mental Health Specialist

Kelly Sullivan, PhD

Assistant Professor
Duke University Medical Center and
Director of Mental Health Services
Center for Child & Family Health

Mary E. Haskett, PhD

Professor of Psychology
NC State University

Sarah Neal

PhD Candidate in School Psychology
NC State University

Caitlyn Owens

PhD Candidate in School Psychology
NC State University

Jennifer Tisdale, MSW, MPH

Project CATCH Coordinator
The Salvation Army of Wake County

Jodi Whiteman, MEd, CEIM

Co-Director, Professional Development and
Workforce Innovations
ZERO TO THREE

Paul Lanier, PhD

Assistant Professor
UNC School of Social Work
UNC-Chapel Hill

Samantha Schilling, MD, MSHP

Clinical Assistant Professor
Department of Pediatrics
UNC School of Medicine
UNC-Chapel Hill

Sharon Loza, MEd, MA

State Systemic Improvement Plan Lead
Part C Data Manager
North Carolina Infant-Toddler Program

Julie Peck, BSW, BA

Blue Ridge CDSA Director
State Systemic Improvement Plan Co-Lead
North Carolina Infant-Toddler Program

David Fraccaro, MDiv

Executive Director
FaithAction International House

Becca Odom, LCSW, E-RYT 200

Soulful Mountain Therapy, PLLC

Ginger Clough, BSN, BA

Nurse-Family Partnership
Buncombe County Health and Human Services

Marnie Reber, MEd

Director, Family Support Services
Iredell County Partnership for Young Children

Tara Foster, MSW

Permanency Planning Supervisor
Buncombe County Health and Human Services

Robin H. Gurwitch, PhD

Professor
Duke University Medical Center
Director, CCFH PCIT Program
Center for Child & Family Health

CONCURRENT SESSIONS A

1:15 - 2:30 pm

- A1** **Co-Regulation: The Critical Role of Caregivers in Buffering Against Toxic Stress in Young Children**
Katie Rosanbalm, PhD, Ennis C. Baker, MSW, LCSW
This session will describe the key components of co-regulation to support wellbeing and build a strong social-emotional foundation in young children, particularly in the context of adversity. Co-regulation components include: warm, responsive relationships; predictable, structured environments; and instruction/coaching of self-regulation skills. We will model strategies and incorporate interactive discussion for brainstorming ways to incorporate them into caregiving relationships.
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- A2** **It Takes More Than One Training: How to Make Your Agency Truly Trauma-Informed**
Kelly Sullivan, PhD
Creating trauma-informed agencies and systems is all the buzz, but what does it really mean and how can it be accomplished for those serving young children and their families? This session will share lessons learned from years of leading trauma-informed change work in multiple systems and agencies.
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- A3** **Promoting Resilience of Young Children Experiencing Homelessness: Child, Parent, and Community Approaches**
Mary E Haskett, PhD, Sarah Neal, Caitlyn Owens, Jennifer Tisdale, MSW, MPH
This session will provide a description and outcomes of several approaches to support the resilient functioning of young homeless children. We will discuss strategies involving parenting support, trauma-informed shelter policies and practices, and child screening and case management specific to the unique needs of homeless families. We will also provide an overview of a state-wide effort (Yay Babies) to ensure high-quality early childhood experiences for young homeless children and invite interested attendees to join that work.
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- A4** **Racial Disparities in Exposure to Adverse Childhood Experiences: Implications for Prevention, Screening and Intervention**
Paul Lanier, PhD, Samantha Schilling, MD, MSHP
Results from the 2016 National Survey of Children's Health indicate differences in the cumulative exposure to ACEs in early childhood across race and ethnic groups. Further, the likelihood of experiencing specific combinations of multiple ACEs differs across groups. This session will present findings from this study and explore how prevention, screening and intervention for ACEs in clinical practice can promote race equity in light of these disparities.
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- A5** **Infusing ECMH Principles into Early Intervention Systems and Services**
Sharon Loza, MEd, MA, Julie Peck, BSW, BA
In this session, participants will learn about system enhancement efforts within the North Carolina Infant-Toddler Program to integrate early childhood mental health. Participants will also learn about strategies to promote resilience in families with young children with developmental disabilities and special healthcare needs.
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- A6** **Serving Latino Immigrant Communities: Best Practices for Service, Education, Outreach and Developing Trusting Relationships (repeated)**
David Fraccaro, MDiv
North Carolina has experienced rapid demographic shifts over the last decade bringing tremendous new ethnic, cultural and religious diversity to every community in our state. Recognizing the significant challenges and opportunities these changes bring to health, education and social service agencies, FaithAction International House has developed a series of trainings to help staff build greater understanding and trust with their newest neighbors towards healthier, more inclusive and united communities for all.

CONCURRENT SESSIONS B

2:45 - 4:00 pm

B1 Supporting Those that Support Others Through Relationship-Based and Reflective Practice *(Target: Supervisors and Managers)*

Jodi Whiteman, MEd, CEIM

Productivity in the workplace calls for staff who are experiencing well-being at work. This highly interactive and practical workshop will provide an opportunity for supervisors and managers to learn what staff well-being consists of, how to support staff members' self-care, and relationship-based, reflective practice strategies you can put in place to promote staff well-being, and reduce burnout and turnover.

B2 Yoga for Resiliency and Trauma Recovery in the Classroom

Becca Odom, LCSW, E-RYT 200

This session focuses on simple and effective self-regulation techniques for individuals to use to help increase resiliency and decrease effects of trauma. Join us for a blend of experiential and didactic learning about trauma, resiliency and how yoga can help you and your students become more resilient, understand trauma and create compassionate connections!

B3 Building Resilience Through Early Relationships

Ginger Clough, BSN, BA, Marnie Reber, MEd

Science is just beginning to understand the interconnection of mind and body. This session will explore understanding a young child's capacity to grow and thrive despite the difficulties and obstacles life presents. Encouraging Connections and other state-wide resiliency models will be used to discuss the concept of resiliency and the personal characteristics that prepare a child for success in school and life. What kind of relationships builds those characteristics? How can we help children develop resiliency?

B4 The Impact of Historical and Intergenerational Trauma Related to Outcomes for Infants and Young Children

Tara Foster, MSW

This session will provide an understanding of a young child's capacity to grow and thrive despite the difficulties and obstacles life presents. We will also use Ellis' Pair of ACEs to explore equity & ACEs research.

B5 Strengthening Relationships and Promoting Resilience in Military Families with Young Children

Robin H. Gurwitch, PhD

More than two million children have been impacted by parental deployment, with the majority being under the age of seven. As families cope with the unique stressors associated with all phases of deployment, programs and interventions designed to strengthen relationships are important for increasing resilience. This session will discuss how deployment may impact the youngest family members and will provide an overview of how Parent Child Interaction Therapy (PCIT) and Child Adult Relationship Enhancement (CARE) have been adapted specifically for our military families.

B6 Serving Latino Immigrant Communities: Best Practices for Service, Education, Outreach and Developing Trusting Relationships (repeated)

David Fraccaro, MDiv

North Carolina has experienced rapid demographic shifts over the last decade bringing tremendous new ethnic, cultural and religious diversity to every community in our state. Recognizing the significant challenges and opportunities these changes bring to health, education and social service agencies, FaithAction International House has developed a series of trainings to help staff build greater understanding and trust with their newest neighbors towards healthier, more inclusive and united communities for all.

POSTER SESSIONS

Applications due Friday, October 5, 2018

The NCIMHA invites educators, community workers, mental health professionals, academic researchers, undergraduate and graduate students to submit applications for the conference poster session. We welcome posters presenting both basic and applied research, as well as innovative programs or program evaluations.

Proposals that address the following topics are strongly encouraged:

- Infant, toddler and preschooler mental health and social/emotional development
- Early health education
- Parent education and support
- Evaluation of programs and practices that promote early childhood development
- Early intervention
- Reports or evaluation of evidence-based practices
- Systematic and empirical research conducted on any closely related topic impacting the well-being of young children, their families and communities

The proposal submitted for the poster session should include the following information:

- Project Title (No more than 20 words)
- Project Summary (Describe the project [250 word limit] including the content that will be presented in the poster session.)
- Name of Presenter(s)
- E-mail Address (Be sure to include an e-mail address that is checked regularly)
- Phone Number (Include permanent and/or cell phone number)
- Name of the Organization or School/University you are representing

If you are a student, you also need to complete the following information listed below

- Student Status (Indicate whether you are an undergraduate or a graduate student)
- Name of Faculty Sponsor
- E-mail Address and Telephone Number of Faculty Sponsor

Note: Any technical equipment used to assist with the poster presentation will be the responsibility of the presenter(s) or the sponsoring institution.

All applications for the poster session should be received by **5 pm on Friday, October 5**. You may email your application to **Archana V. Hegde, PhD at hegdea@ecu.edu**. A committee will review all proposals, and notify those who are invited to present by 5 pm on **Friday, October 19**. All who submit will be contacted. If no response is received after your proposal has been submitted, please **contact Dr. Archana V. Hegde by email hegdea@ecu.edu or call 252-328-5712**.

A limited number of proposals will be accepted for this conference, so timely application is encouraged. Poster presenters are expected to register, attend and participate in the entire day of sessions. The luncheon is included in the registration fee. Details about the poster session and the events of the day will be distributed with the acceptance notification.

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Early Registration \$195; After October 22, 2018 \$220

Full-Time Student Registration \$35

Please select your breakout sessions.

- Session A1
 Session A2
 Session A3
 Session A4
 Session A5
 Session A6 (repeated)
 Session B1
 Session B2
 Session B3
 Session B4
 Session B5
 Session B6 (repeated)

All information requested on this form must be completed to be registered for the program. Incomplete forms cannot be processed.

Event 56322lh

Dr.
 Mr.
 Ms.
 Mrs.

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First Name _____ MI _____ Last _____ 4 digit PIN # (required)

Clinical Specialty _____ Degree(s) (e.g., MD, PharmD, MS, BS)

Home Address _____ City _____
 (_____)

State _____ Zip _____ Home County _____ Home Phone _____

Employer _____ Job Title _____

Work Address _____ City _____
 (_____)

State _____ Zip _____ Work Fax _____ Work Phone _____

Department _____ Preferred E-mail (REQUIRED) _____

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

PAYMENT OPTIONS Payment of check, credit card or supervisor signature must accompany registration.

- Check enclosed. (Make check payable to Wake AHEC.)
 Corporate Card
 Personal Card
 |
 MasterCard
 Visa
 AMEX
 Discover

Card # _____ Exp. Date _____

Authorized Signature _____ Name as it appears on card _____

- Employer will make payment. Supervisor complete below and fax registration to 919-350-0470.

Supervisor's Name Printed _____ Title _____

Supervisor's Signature _____ Phone _____

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.

Register Today!

ONLINE

www.wakeahec.org

FAX

919-350-0470

MAIL

Wake AHEC
 Attn: Lorie Houston
 3261 Atlantic Avenue
 Suite 212
 Raleigh, NC 27604-1657

WAKEMED EMPLOYEES ONLY

An Education, Meeting & Travel Request Form must be submitted with the registration for processing if your department is paying.

Place a check (✓) if needed.

- Vegetarian meal (if meal provided)

Questions? Contact Lorie Houston at 919-350-0471 or lhouston@wakeahec.org.