

AGENDA

Wednesday, October 29

- 1:00-4:00 pm: Sixpence-only training session | *Crystal Room 2*
- 4:00-5:00 pm: Pre-conference networking reception | *Crystal Room 3*

Thursday, October 30

- 8:30-9:00 am: *Registration*
- 9:00-9:15 am: *Morning Charge-Up* | Katherine Brockman | *Crystal Room 1/2/3*
- 9:15-10:00 am: *General Session I* | *Crystal Room 1/2/3*
Adverse Childhood Experiences | Dr. Gina Direnzo-Coffey
- Dr. Direnzo-Coffey will provide an overview of the Adverse Childhood Experiences study, discuss health conditions associated with ACEs, review basic brain development and discuss how to screen for and mitigate toxic stress.
- 10:00-11:30 am: *General Session II* | *Crystal Room 1/2/3*
Toxic Stress & Protective Factors | Edi Winkle
- Edi Winkle will discuss the Strengthening Families Framework and the development of the protective factors and associated research. She will also provide information on how protective factors buffer against toxic stress.
- 11:30-Noon: *Resource Walk* | *Main Hallway* – Explore the resource tables to learn more about child abuse prevention efforts and family supports in our communities
- Noon-1:00 pm: *Lunch/Table Talk* | *Crystal Room 1/2/3*
- 1:00-1:15 pm: *Recharge* | Katherine Brockman | *Crystal Room 1/2/3*
- 1:15-2:45 pm: *Breakout Sessions:*
- Motivational Interviewing** | Kate Speck | *Diamond Room 5* – Motivational Interviewing (MI) is a person-centered, goal-oriented method of communication for eliciting and strengthening intrinsic motivation for positive change. In this workshop, we seek to understand the client's frame of reference, particularly via reflective listening. Using the underlying style embodying collaboration, evocation and autonomy support, we will review the elements for guiding change-focused client conversations and look at an approach that encourages the clinician to explore and resolve the patient's ambivalence as the key to change.

Cultural Awareness | Danna Bacon | *Ruby Room 6* – In this session, participants will learn the overt and covert aspects of culture and their effects on individuals and groups. The group will discuss hidden components of culture and list examples of how cultural components interact.

Reflective Supervision | Linda Broyles | *Diamond Room 4* – Working with families who are experiencing toxic stress affects every home visitor. Reflective supervision is an opportunity to provide consistent emotional support to your staff. This session will teach the basics of reflective supervision, as well as help supervisors understand how a visitor's life experiences affect family outcomes, individualize the approach for each person we supervise, and explore ways to structure reflective sessions. Ultimately, the goal of this breakout is to create a safer and more secure work environment to enhance professional growth.

Trauma Informed Behavioral Health | Kim Carpenter | *Diamond Room 1* – This session will define PTSD and its impact on the physical structures of the brain. Participants will learn to identify resilience factors and how those factors can contribute to recovery.

Protective Factors | Edi Winkle | *Ruby Room 7* – Edi will discuss the Protective Factors Survey and how it can be used in family-centered practice and community change.

Domestic Violence | Linda Zinke | *Diamond Room 2/3* – Home visitors have a unique opportunity to assess for domestic violence and provide resources for the family. Addressing domestic violence relates to home visitation outcomes such as reducing child maltreatment, improving physical health, increasing school readiness and reducing intergenerational cycles of violence. This session will provide an overview of domestic and sexual violence, possible strategies for response, and resources available.

Early Brain Development | Dr. Gina Drenzo-Coffey | *Crystal Room 4* – This session will discuss the effects of toxic stress on the developing brain, how to recognize and mitigate toxic stress, and explore how an investment in early childhood programs can counteract toxic stress.

3:00-4:00 pm:

General Session III | *Crystal Room 1/2/3*

Walking the Walk: Creative Tools for Transforming Compassion Fatigue | Kay Glidden & Beth Reynolds Lewis

This interactive session will offer information regarding compassion fatigue, vicarious trauma, moral distress, and burnout. Participants will complete a symptom checklist, evaluate their self-care, and identify triggers and strategies to transform compassion fatigue. Objectives include examining compassion fatigue and its components, interpreting warning signs and symptoms of compassion fatigue and learning about tools and resources to transform compassion fatigue.

4:00-4:15 pm:

Reflection and Wind-Down | Katherine Brockman | *Crystal Room 1/2/3*

4:15 pm:

Raffle Drawing and Dismissal | *Crystal Room 1/2/3*

SPEAKERS

Keynote speakers

Gina Direnzo-Coffey, MD



Respected pediatrician with Boys Town, Dr. Direnzo-Coffey has expertise in early childhood brain development, adverse childhood experiences and the effects of toxic stress. She will be conducting a general session as well as a breakout session on the effects of toxic stress on early childhood brain development. Dr. Direnzo-Coffey is board certified in pediatrics, received her medical degree at Duke University, and completed her residency at Children's Memorial Hospital in Chicago.

Edi Winkle, MSW



Edi Winkle is a training and technical assistance coordinator for the FRIENDS National Resource Center for Community-Based Child Abuse Prevention. Edi has a Masters Degree in Social Work with an emphasis on child development. She has worked in public and private agencies and has over twelve years experience in providing training and technical assistance to states. Edi has provided workshops and training at the state, regional, and national level. In addition to her training and technical assistance expertise, Edi has worked in the development of computer databases to monitor program and family outcomes.

Katherine Brockman



Katherine is the founder of ME (Meditation for Everyone) whose mission is to make meditation accessible to the masses and allow each individual to glean from meditation what he or she needs most. In 2012, Katherine added "moving meditation" to her list by becoming a certified Hatha Yoga instructor. During that time she founded PLAY (Parks, Lincoln, and Yoga.), a free outdoor community yoga initiative held Sundays in September in Lincoln's Antelope Park. Katherine is also the Executive Marketing Director at Lincoln YMCA where she enjoys spreading YMCA's message of youth and family development, balanced wellness and community support.

Breakout presenters

Kate Speck, PhD, MAC, LACD | Senior Research Manager, University of Nebraska Lincoln Public Policy Center

Dr. Speck has 35 years' experience working in the field of behavioral health. She is a Senior Research Manager with the University of Nebraska, Public Policy Center and trains clinical supervision, Assessing & Managing Suicide Risk, Motivational Interviewing, disaster preparedness, Psychological First Aid, and workforce development. Kate is a member of the International Motivational Interviewing Network of Trainers (IMINT) since 2000, and has worked in residential, outpatient and EAP settings, has developed and directed addiction treatment programs in addition to teaching psychology, theory, and ethics at the post-secondary and Masters level.

Danna Bacon, MA | Community Health Educator, DHHS Office of Health Disparities and Health Equity

Ms. Bacon earned her Associate of Arts degree in Human Services, Bachelor of Arts degree in Human Relations, and a Master of Arts in Instructional Technology. She is a professor with more than 10 years' experience teaching in a higher educational setting, which includes focus areas of human services and computers.

Linda Broyles | Deputy Director, Southeast Kansas Community Action Partnership

Linda is responsible for overseeing the Early Childhood Services Department which includes child care partnerships, Head Start, Early Head Start, Early Steps to School Success, and Mother Infant Early Childhood Home Visitation (MIECHV) services for over 900 children aged zero to five. Her expertise has been gained through real experience working in the field of early childhood over the past 44 years.

Kim Carpenter | Independent Consultant, Behavioral Health Education Center of Nebraska

Kim's professional history includes training/education, community and coalition and capacity building, advocacy and behavioral health service assessment. Kim has offered training for 15 years to human service providers, law enforcement, educators, health care professionals, and corrections staff on trauma/PTSD, trauma-informed care, co-occurring disorders, gender-specific treatment, child welfare, sexual abuse prevention, substance use disorder, interpersonal violence, sex trade, body-mind connection, self-injury, eating disorders, vicarious trauma, Seeking Safety, and 16 Steps for Empowerment and Discovery. She is a certified trainer in Mental Health First Aid, Darkness to Light: End Child Sexual Abuse and Walk the Walk: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma.

Linda Zinke, MA | Consultant, Nebraska Domestic Violence Sexual Assault Coalition

Linda has worked in early childhood education for nearly 30 years. Positions with local Head Start organizations have included home visitor, social services/parent involvement coordinator, transportation coordinator, child abuse training coordinator, site coordinator, and program director. Linda also has served as a trainer and peer reviewer in Region VII for Head Start. For over ten years, Zinke served as the Executive Director of the Nebraska Association for the Education of Young Children. She has a strong background in collaborative projects, including initiatives with the Nebraska Domestic Violence Sexual Assault Coalition. She was a member of the governor-appointed Early Childhood Interagency Coordinating Council and has received numerous awards from early childhood organizations. She currently serves on the Board of Directors for the Nebraska Head Start Association. Ms. Zinke works as a private consultant, grants manager, and adjunct faculty. She has a Bachelor of Arts degree and a Masters of Arts degree. Zinke also has a LPN degree and a LBSW licensure, both of which are currently on inactive status.

Kay Glidden, MS | Region 3 Behavioral Health Services, Assistant Director

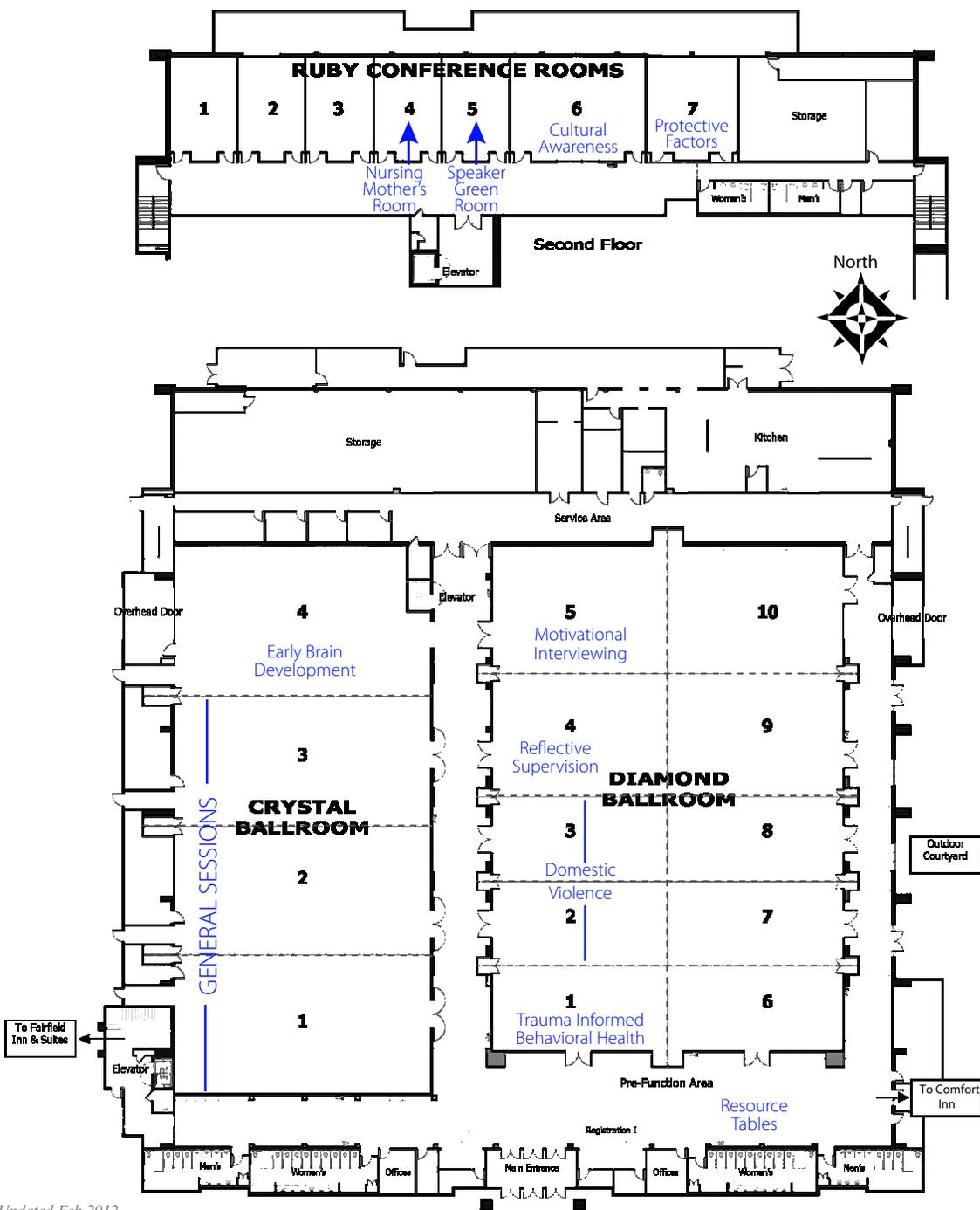
Kay is also Project Director for the Behavioral Health Education Center of Nebraska (BHECN) at the University of Nebraska at Kearney. She holds a Bachelor of Arts degree from Augustana College in Sioux Falls, SD. She received her Master of Science degree in Education from Indiana University, Bloomington. Kay began her career in higher education, counseling and teaching college students for 13 years. For the last 17 years she has worked in the Nebraska public behavioral health system as a supervisor, Human Resource Specialist and trainer. Kay received training as a Certified Compassion Fatigue Specialist from Compassion Fatigue Solutions, Inc. in March 2012. She is also certified by the Green Cross Academy of Traumatology through May 2015. She has also received training from SAMSHA's GAINS Center for Behavioral Health and Justice Transformation, "How Being Trauma-Informed Improves Criminal Justice System Responses."

Beth Reynolds Lewis | Region 3 Behavioral Health Services, Emergency Systems Specialist

Beth holds a Bachelor of Science degree from the University of Nebraska–Lincoln. Beth was a Protection and Safety Worker for 12 years with the Nebraska Department of Health and Human Services and a Forensic Interviewer for the Family Advocacy Network in Kearney for 4 years. For the last 10 years Beth has worked in the public behavioral health system in Nebraska. Beth is also a Certified Compassion Fatigue Specialist and is certified by the Green Cross Academy of Traumatology. She has also received training from SAMSHA's GAINS Center for Behavioral Health and Justice Transformation, "How Being Trauma-Informed Improves Criminal Justice System Responses."

Younes

CONFERENCE CENTER
Kearney, Nebraska



Updated Feb 2012

Central Nebraska's spectacular new conference center!

- ◆ Over 40,000 sq. ft. of space for meetings, banquets, receptions, trade shows, and more with free parking.
- ◆ Complete on-site catering for meals, breaks, hors d'oeuvres and cocktails (off-site catering also available)
- ◆ 560 Adjacent hotel rooms at Hampton Inn, Wingate Inn, Comfort Inn, Fairfield Inn and Holiday Inn.
- ◆ I-80 at the Kearney Exit, North 1 block to Talmadge Street



PO Box 1925 • Kearney, NE 68848
308-234-2212 • TF 855-4-YOUNES
info@younes.com • www.younes.com

SPONSORS & PARTNERS

Recharge for Resilience is presented by the Nebraska Maternal, Infant and Early Childhood Home Visiting program, Nebraska Children and Families Foundation, and the Nebraska Head Start State Collaboration Office.



A portion of this conference was made possible by Grant Number X02MC26330 from HRSA. Material and content are solely the responsibility of the authors and do not necessarily represent the official views of the HRSA.

Resource tables

Please visit the resource tables in the lobby from organizations across the state.

- | | |
|---|---|
| Answers 4 Families | Meditation for Everyone |
| Arbor Health Plan | Nebraska Alliance of Child Advocacy Centers |
| DHHS: Division of Behavioral Health - Office of Consumer Affairs | Nebraska Behavioral Health Regions |
| DHHS: Division of Public Health - Maternal, Child, Adolescent Health; Together for Kids and Families (TFKF) | Nebraska Children and Families Foundation/ Prevent Child Abuse Nebraska |
| DHHS: Division of Public Health - Nebraska Pregnancy Risk Assessment Monitoring System (PRAMS) | Nebraska Department of Education/Nebraska Educational Telecommunications - NET Kids |
| DHHS: Division of Medicaid and Long Term Care, Medicaid | Nebraska Family Helpline |
| Early Development Network | Nebraska Families Collaborative |
| Learning Connections | Nebraska Federation of Families for Children's Mental Health |
| | Nebraska Respite Network |
| | Public Health Departments |

Planning Committee

Jennifer Auman, Nebraska Department of Health & Human Services

Amy Bornemeier, Nebraska Children and Families Foundation

Lynne Brehm, Nebraska Children and Families Foundation

Amy Bunnell, Nebraska Department of Education, Early Development Network

Mary Kate Gulick, Nebraska Children and Families Foundation

Joan Luebbers, Nebraska Department of Health and Human Services

Betty Medinger, Nebraska Children and Families Foundation

Kelly Medwick, Nebraska Children and Families Foundation

Lisa Richardson, Save the Children

Christine Rohe, Nebraska Children and Families Foundation

Lori Rowley, Nebraska Department of Health and Human Services

Wendi Schulz, Nebraska Children and Families Foundation

Carol Tucker, BSN, RN, NCSN, Nebraska Department of Health and Human Services

Brenda Weyers, Nebraska Children and Families Foundation

Presentation Access

Download speaker presentation files at www.NebraskaChildren.org/recharge/presentations.html

Continuing Education Credits

To get continuing education credits, please sign in at the registration desk and turn your evaluations in to Carol Tucker.