



Changing the world one family at a time.

2017 Healthy Families Training Institute

September 18-20, 2017

Office of Children
and Family Services

Healthy
Families NY

Monday, September 18, 2017

11:30am-5:00pm

Registration

1:00pm-3:00pm

Welcome & Opening Plenary Session

Dr. Gloria Wilder

3:00pm-3:30pm

Break

3:30pm-4:45pm

Concurrent Workshops – 100 Series

Workshop 101

World Café Session

Audience: FSWs

Workshop 102

Increasing Awareness of Disparity

Audience: All

This presentation will help participants explore their own biases and develop strategies to ensure they are providing services in a culturally competent manner. Participants will evaluate their practices and develop new culturally competent strategies. The importance of mindfulness in our services will be discussed.

Objectives:

- Learn how to identify unconscious biases and racial disparities while realizing how it influences your work
- Develop strategies for providing services in a culturally competent manner

Sarah Kane, MSW

Trainer, Parsons Child and Family Center

Workshop 103

Fun and Games in Home Visiting Practice

Audience: FSWs

Join the Building Healthy Families team and learn through play by exploring fun games and activities that creatively impact all levels of service provision. Whether you engage participants in meaningful interactions, train and supervise staff, or engage the community in prevention, we will share enjoyable ways to effectively transfer learning and make a real difference. Come play with us!



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Objectives:

- Learn to effectively engage parents and children in play that promotes learning
- Learn fun and effective ideas to stimulate staff learning and strengthen the program team
- Learn playful and inspiring techniques to invite partnership for prevention in the community

Stefanie Abrams

Family Assessment Worker/Family Support Worker, Building Healthy Families Opportunities for Otsego

Cassandra (Cassie) Doty

Family Support Worker, Building Healthy Families Opportunities for Otsego

Treena Halstead

Program Manager, Building Healthy Families Opportunities for Otsego

Heather Van Cleef

Team Leader, Building Healthy Families Opportunities for Otsego

Amanda Wilber

Family Support Worker, Building Healthy Families Opportunities for Otsego

Workshop 104

The Pyramid Model: A Resource for Supporting Social Emotional Competency in Young Children

Audience: Supervisors/Managers

Building social emotional competence is essential for success in school and in life. Presenters will provide an overview of the Pyramid Model framework, an evidence-based, multi-tiered intervention for supporting and developing social and emotional development. Participants will learn practical strategies for supporting young children with challenging behaviors and their families.

Objectives:

- List the impacts suspension and expulsion from early childhood programs have on children and families
- Describe what the Pyramid Model is and how it can help curb challenging behaviors
- Learn how to access Pyramid Model training and resources in your regions

Cassandra Becker, BS

Senior Education Specialist, Professional Development Program

Deborah McGuire, M.Ed

Director, Professional Development Program

Patricia Persell, MS

NYS Head Start Collaboration Director, Council for Children and Families



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Workshop 105

Home Visit Log/Narrative

Audience: All

This presentation will provide FSW's and Supervisors guidance and direction in completing the new Home Visit Log/Narrative on the Healthy Families New York Management Information System (MIS). FSWs will learn how to navigate through the document and complete all necessary fields along the way, including required fields such as CHEERS, Reflective Strategies, Curriculum and more. Participants can also bring their questions about how to document CHEERS, Reflective Strategies, and other newer sections. Supervisors will receive technical assistance on how to review and provide the necessary support during the review process.

Nicole Eschler

Supervisor, Healthy Schenectady Families

Corinne Noble, MA

Research Scientist, Center for Human Services Research

James Porter

FSW Core Trainer and QA Specialist, Prevent Child Abuse NY

Workshop 106

Promoting Breastfeeding Success Before Birth: An Individualized Approach

Audience: All

This workshop will share the strategies Ulster County Healthy Families uses to get more prenatally enrolled mothers to breastfeed, and to get them to breastfeed longer. Notably, by gauging their intentions, comfort, and confidence around breastfeeding prenatally, individualized support can be provided to mothers before and after birth, leading to healthier moms and healthier babies.

Objectives:

- Learn the model Ulster County Healthy Families used to improve breastfeeding rates
- Receive materials and information to replicate the model at other programs

Erin Castiglione, MS, CLC

Family Support Worker Supervisor, Ulster County Healthy Families - Institute for Family Health

Douglas Keller, MA

Program Manager, Ulster County Healthy Families - Institute for Family Health

Tina Mandiville, CLC

Supervisor, Ulster County Healthy Families - Institute for Family Health

Sharley McIver-Jones, CLC

Outreach and Assessment Supervisor, Family Support Worker Supervisor, Ulster County Healthy Families - Institute for Family Health



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Workshop 107

Understanding the Accreditation Process and Building Evidence

Audience: Supervisors/Managers

Program managers are typically busy making sure the programs are running well, staff are hired and trained, and home visits and assessments are being conducted. This session will support the program managers by identifying how to set a continuous system that will save time and effort during times of accreditation, and understand why we say "self assessment" means "no surprises." Your new staff will feel more confident and less anxious about facing the peer team on the day of a site visit and will have a tool box full of answers for when they get an interview.

Objectives:

- How to turn the interview paradigms into strong evidence
- Understanding what the peer team looks for before and during site visit (key elements for P&P)
- Develop strategies to prepare your team and advisory board, as well as families

Esther Piper

Program Director, Healthy Families of the North Country, Behavioral Health Services North, Inc.

Workshop 108

Working with Parents with Developmental Disabilities

Audience: All

This presentation will give suggestions on how to work with parents who have developmental disabilities. Participants will be given strategies in working with these parents as well as have the opportunity to discuss their own views surrounding people with developmental disabilities as parents and as community participants.

Objectives:

- Develop strategies on how to approach and support parents with developmental disabilities
- Understand how society tends to view parents with developmental disabilities and how service providers can help to break those stereotypes

Lyndsi Wickert, MEd

Youth Transition Coordinator, Independent Living Center of the Hudson Valley

Tuesday, September 19, 2017

8:00am – 5:00pm

Registration

8:00am – 9:00am

Continental Breakfast



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9:00am – 10:30am

Plenary Session: Solving Common Family Problems: 5 Essential Steps

Kenneth Barish, PhD

Clinical Associate Professor of Psychology, Weill Medical College, Cornell University

In every family, there will be problems. No matter how caring and patient parents try to be, kids will still argue, misbehave, and ask for more than they can have. Over time, these common problems begin to erode the quality of family relationships. Parents may think that they have tried everything and still don't know what to do. This session will present a proactive plan for solving common family problems, and facilitate discussions on how parents can repair moments of anger and misunderstanding, strengthen feelings of joyfulness and pride in their relationships with their children, and replace frequent argument with appreciation and problem solving.

10:30am-11:00am

Break

11:00am – 12:15pm

Concurrent Workshops – 200 Series

Workshop 201

World Café Session

Audience: FAWs

Workshop 202

Managing Stress and Nurturing Joy

Audience: All

Raising young children is one of the most stressful times in a parent's life. This workshop will offer strategies to help parents manage the daily stresses of caring for their children, create more moments of joyfulness in their family relationships, and moments that can be effective antidotes to anxiety and self-doubt.

Kenneth Barish, PhD

Clinical Associate Professor of Psychology, Weill Medical College, Cornell University

Workshop 203

Internal Quality Assurance Practices for Program Managers and Supervisors

Audience: Supervisors/Managers

Methods for using ticklers and program data to help direct service staff and supervisors set up realistic expectations and plans for success will be reviewed. This workshop will also forecast possible challenges and develop plans to address them. We will share methods for assisting staff in recognizing their strengths, and empowering them with tools to ensure quality service.

Objectives:

- Learn how to use ticklers and data as tools for success and setting up realistic expectations for staff and your program



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- Learn how to conduct file reviews and review of data to monitor and ensure that documentation accurately reflects what services are provided
- Learn strategies for planning and conducting observations, as well as how feedback on observations may be used to inform practice and enhance the quality of service delivery

Roxanne Munroe, LMSW, MA

Program Manager, Brookdale Hospital/Healthy Families

Samantha Wilson, LCSW, CLC

Director of Maternal Child Health, Sheltering Arms Children and Family Services

Workshop 204

From Vicarious Trauma to Vicarious Transformation

Audience: All

This workshop will focus on vicarious trauma and transforming the negative impacts of this trauma. The presenter will help participants understand this complex trauma and its impacts, as well as how workers can help reduce the effects of vicarious trauma and transform it into positive life and spiritual growth opportunity.

Objectives:

- Develop an understanding of the definition, causes, and consequences of vicarious trauma
- Gain insight into reducing the effects of vicarious trauma
- Understand how to use vicarious trauma to vicariously transform

Colleen Biavati, LMSW

Planning and Evaluation Specialist, Rockland County Department of Social Services

Workshop 205

Fun and Games in Home Visiting Practice

Audience: FSWs

Join the Building Healthy Families team and learn through play by exploring fun games and activities that creatively impact all levels of service provision. Whether you engage participants in meaningful interactions, train and supervise staff, or engage the community in prevention, we will share enjoyable ways to effectively transfer learning and make a real difference. Come play with us!

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Treena Halstead

Program Manager, Building Healthy Families Opportunities for Otsego

Heather Van Cleef

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Amanda Wilber

Family Support Worker, Building Healthy Families Opportunities for Otsego

Workshop 206

Working With Families Affected by Opiate Use

Audience: All

New York State accounts for one-third of all heroin seizures by the U.S. Drug Enforcement Administration. Opioid Use Disorder is an epidemic facing the entire state, affecting urban, rural, and suburban communities. This workshop will provide attendees with ways to work with families affected by opioid abuse, as well as need-to-know information about the current heroin, prescription opiates/opioids, and treatment environments in New York State.

Objectives:

- List current statistics about opiate/opioid use
- Describe what opiates/opioids look like, how they are used, and what the effects are
- Describe the basic components of treatment for opioid use disorder

Wendy Calabrese-Sampone

Training Program Coordinator, Professional Development Program

Workshop 207

Not My Circus

Audience: FSWs

This workshop will help participants find ways to reduce stress by normalizing feelings, sharing stories, and brainstorming options on how to handle difficult situations. Learning to release control over problems that cannot be controlled is the intent of this workshop, along with general stress reduction techniques.

Objectives:

- Identify sources of stress in the home visiting field
- Brainstorm and share stress reduction techniques
- Learn to normalize, not internalize the stresses we all face

Corina Allen, MSECS

Family Support Worker, Healthy Families Broome/Lourdes PACT



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Workshop 208

Coordinating Intake and Referrals Across Home Visiting Programs: Lessons from a Pilot Program

Audience: Supervisors/Managers

Multiple home-visiting programs in an area can create competition. This can impact filled capacity and resources expended for outreach. A coordinated intake and referral system could address these issues. The NYS Department of Health has been piloting a community-led implementation of coordinated intake and referral systems in four communities since January 2017. This workshop will share the tools used, and considerations and lessons learned for developing coordinated systems.

Objectives:

- Increase understanding of the benefit of a coordinated intake and referral system
- Learn about tools and strategies that can help create coordinated intake and referral systems

Amy Jesaitis, MPH, RD

Director, Maternal and Infant Health Home Visiting Unit, New York State Department of Health

Erica Stupp, MPH

Research Scientist, New York State Department of Health

12:15pm – 1:45pm

Lunch

1:45pm – 3:00pm

Concurrent Workshops – 300 Series

Workshop 301

World Café Session

Audience: Supervisors

Workshop 302

Why Fatherhood Involvement Matters in Home Visiting

Audience: FAWs/FSWs

Why is it so difficult to get fathers involved in Healthy Families home-visiting programs? Time, lack of funding, and discomfort around workers may be some of the reasons there aren't more fathers visiting with the Family Support Workers. The objective of this workshop is to offer ideas on how to better engage, build relationships, and retain fathers in home visiting.

Objectives:

- Learn how to engage fathers from the start, at assessment and enrollment
- Build relationships with and guide fathers to be better dads
- Overcome common challenges with fathers, such as: scheduling, doubts, and funding



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Corina Allen, MSECS

Family Support Worker, Healthy Families Broome/Lourdes PACT

Matt Brown

Fatherhood Advocate, Tioga Healthy Families

Workshop 303

Making a Call to the New York Statewide Central Register of Child Abuse and Maltreatment (SCR) – One Decision Can Save Lives

Audience: All

This workshop will include information about making a call to the SCR and what happens after the call is made. This workshop will examine the challenges in reporting suspected child abuse or maltreatment when you have established a relationship with the families you may be calling about and the concerns you may have about your future relations with the family. Balancing the safety of the child(ren) and the professional relationship with the family is important as we consider what to do and what our role is as part of Healthy Families New York.

Objectives:

- Explain the worker's role in reporting suspected child abuse and/or maltreatment
- Identify responsibility in protecting children from child abuse and/or maltreatment while maintaining a professional relationship with the family
- Evaluate current practices

Wendy Calabrese-Sampone

Training Program Coordinator, Professional Development Program

Lisa Galatio

Staff Development Specialist, Prevent Child Abuse New York

Workshop 304

The Breastfeeding Journey Through a Teen Parent Lens

Audience: FSWs

This workshop will take you on a breastfeeding journey through the lens of a teen parent. Home visitors will learn how to recognize challenges and provide solutions that are specific to teen parents who breastfeed their babies. Participants will practice conversation starters about how to empower teen parents to initiate conversations about breastfeeding through role-playing.

Objectives:

- Identify three breastfeeding challenges faced by teen parents and the solutions to minimize these challenges
- Identify effective conversation starters and communication strategies to use in assisting teens in setting and achieving breastfeeding goals
- Demonstrate effective strategies for use by teen parents to increase breastfeeding support within their schools, workplaces, families and communities

Sarah Tice, PHN, IBCLC

Public Health Nurse, Schenectady County Public Health Services



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Workshop 305

Learning Activities Using Everyday Items

Audience: FSWs

This workshop will teach participants how to turn everyday items into child development activities. Participants will have the opportunity to create different activities and demonstrate them during the workshop.

Objectives:

- Identify low-cost materials that can be used in home visits that parents can also make at home for their child
- Foster child development and parent child interaction
- Teach parents the developmental benefits of the activity

Jessica Blanco

Family Support Worker, Family Service League, Healthy Families Suffolk

Danessia Villatoro

Family Support Worker, Family Service League, Healthy Families Suffolk

Workshop 306

The Art and Science of Self-Care

Audience: All

This interactive experiential workshop will use an integrative mind-body-spirit framework to assist participants in developing the knowledge, skills, and attitudes required to establish, maintain, and support a regular self-care practice. Participants will learn about and have opportunities to experience evidence-based and evidence informed practices and gain tools to develop a self-care plan.

Objectives:

- Identify the role and benefits of self-care for increasing job performance, job satisfaction, reducing burnout, and promoting physical and mental health
- Explore an integrative mind-body-spirit approach to self-care and three related modalities (e.g., chair yoga, mindful breathing, and mindful self-compassion)
- Provide tools and resources to develop a self-care plan

Salome Raheim, MSW, PhD

Professor, School of Social Welfare, University at Albany, State University of New York

Workshop 307

Psychoeducation: Teaching Families About how Trauma Affects the Brain, Body, and Behavior

Audience: All

This workshop will focus on the use of psychoeducation in teaching children and families about what happens to your brain, body, and behavior under circumstances of extreme stress or chronic stress. It will include an overview of the Adverse Childhood Experiences Study and the impact of trauma and chronic stress, with a concentration on skill building and critical points of intervention. We will review and discuss specific psychoeducational interventions, with practice in using activities and video clips to work with children and families.



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Objectives:

- Understand the impact of trauma on the brain, body and behavior for children and parents
- Boost skills for professionals charged with educating and intervening with families deeply impacted by adversity
- Using activities or video clips, home visitation staff (not just clinical staff!) will work with families to make the connection between what has happened to them and their current behaviors or parenting patterns.

Jaclyn Yusko, MS, NCMP

Chief Operating Officer, St. Catherine's Center for Children

Workshop 308

Understanding Immigration Laws and Related Executive Orders

Audience: All

Immigration is an area of the law that is, under normal conditions, changing constantly. This year, we have seen even more frequent changes and greater confusion as to how the law reads. This session will provide an overview to attendees about the executive orders issued in 2017 and what rights undocumented persons have when approached by police and immigration enforcement.

Objectives:

- Gain a greater understanding of the rights that undocumented persons have under state and federal law
- Become familiar with the status of the executive orders issued this year
- Learn the tools to help identify and work with undocumented persons

Samantha Howell, Esq.

Prisoners' Legal Services of New York

3:00pm – 3:30pm

Break

3:30pm - 4:45pm

Concurrent Workshops – 400 Series

Workshop 401

World Café Session

Audience: Managers

Workshop 402

Comprehensive Domestic Violence Safety Planning: Moving Beyond the Absence of Physical Violence

Audience: All

In this workshop, home visitors will learn that a comprehensive domestic violence safety plan can and should go beyond focusing only on physical violence. Participants will increase their awareness and skills on how to promote safety in families affected by domestic violence. There will also be an opportunity for participants to engage in a discussion about personal biases and how they influence their interactions with families.



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Objectives:

- Increase awareness of personal biases and how they influence interactions with families
- Identify the components of a comprehensive safety plan
- Develop and practice skills to enhance safety for non-offending parents and their children

Catherine Pesci

Program Specialist, New York State Office for the Prevention of Domestic Violence

Workshop 403

The Breastfeeding Journey Through a Teen Parent Lens

Audience: FSWs

This workshop will take you on a breastfeeding journey through the lens of a teen parent. Home visitors will learn how to recognize challenges and provide solutions that are specific to teen parents who breastfeed their babies. Participants will practice conversation starters about how to empower teen parents to initiate conversations about breastfeeding through role-playing.

Objectives:

- Identify three breastfeeding challenges faced by teen parents and the solutions to minimize these challenges
- Identify effective conversation starters and communication strategies to use in assisting teens in setting and achieving breastfeeding goals
- Demonstrate effective strategies for use by teen parents to increase breastfeeding support within their schools, workplaces, families and communities

Sarah Tice, PHN, IBCLC

Public Health Nurse, Schenectady County Public Health Services

Workshop 404

Integrating Oral Health into Maternal and Child Health Home Visiting

Audience: All

The recent national focus on home visiting by the Health Resources & Services Administration (HRSA) presents a perfect opportunity to integrate oral health services into the programs' structure. This interactive session highlights the importance of oral health among young families and demonstrates how community-based maternal and infant health programs can address oral health in this priority population.

Objectives:

- To inform/educate participants on the importance of oral health among pregnant women, infants and children
- To educate participants on how to build a system of oral health support services within a community-based maternal and infant health program

Ayodele Obashoro, MBBS, MPH

Program Coordinator, New York State Department Of Health



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Manisha Walia, BDS, MPH

Dental Public Health Resident, New York State Department Of Health

Workshop 405

Mothering, Courage, and Resilience in Women Who Were Sexually Abused as Children: Protecting the Next Generation

Audience: All

This workshop will examine the risk and protective factors of mothers who experienced sexual abuse as a child. The social and emotional challenges faced by this particular group of mothers will be examined as well as the protective factors that helped them to “defy the odds” and give their children something positive and significantly different from what they experienced as children.

Objectives:

- Examine resiliency, risk, and protective factors in vulnerable children
- Examine the challenges faced by mothers with histories of childhood sexual abuse
- Examine the protective factors in these mother's lives that helped them be resilient

Teresa Gil, MSW, PhD

Professor/Therapist, Hudson Valley Community College

Workshop 406

Learning Activities Using Everyday Items

Audience: FSWs

This workshop will teach participants how to turn everyday items into child development activities. Participants will have the opportunity to create different activities and demonstrate them during the workshop.

Objectives:

- Identify low-cost materials that can be used in home visits that parents can also make at home for their child
- Foster child development and parent child interaction
- Teach parents the developmental benefits of the activity

Jessica Blanco

Family Support Worker, Family Service League, Healthy Families Suffolk

Danessia Villatoro

Family Support Worker, Family Service League, Healthy Families Suffolk

Workshop 407

Safety for Home Visitors

Audience: All

This workshop will focus on being aware of your surroundings both in your neighborhood and in the home. Materials will be presented on both urban and rural settings. Materials will focus on environments and cues that may signal to home visitors that it may not be safe to enter a home, or that they should leave the home. The session will review signs



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of drug use, drug sales, and drug manufacturing that might be a sign of an unsafe environment; personal safety tips such as where to park your car; how to navigate public transportation; walking to and from homes, subway stops, and bus stops; weapon safety; animal safety; and knowing who is coming and going from the home.

Joshua Kean

Senior Investigator, Special Victims Unit, Forensic Investigation Support Services, New York State Police

Workshop 408

Communication Can Transform Your Success

Audience: All

Maternal home visiting programs can go far in our communities, yet most people in our communities don't know what they are. Successful programs need support from other professionals in the community, referral sources, and potential clients. Effective storytelling is the art of taking everything there is to know about something and distilling it into the few simple ideas you want everyone to remember. In this workshop you will learn how to craft compelling and memorable messages. You'll learn how to approach and manage relationships with providers and referral sources.

Objectives:

- Understand the fundamentals of storytelling.
- Understand how to tune stories for different audiences.
- Become a more effective advocate able to promote your program.

Melanie Blow

COO, Stop Abuse Campaign

Andrew Willis

CEO, Stop Abuse Campaign

Wednesday, September 20, 2017

8:00am – 12:30pm

Registration

8:00am – 8:30am

Continental Breakfast

8:30am – 9:45am

Concurrent Workshops – 500 Series

Workshop 501

World Café Session

Audience: FSWs



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Workshop 502

Effective Team Building

Audience: All

In this workshop, participants will learn how to enjoy working with others as part of a team, and how to create powerful synergy that leads to productivity. Through a series of active learning exercises, participants learn the fundamentals of effective teams, how to turn "yes, but" into "yes, and," and how to turn conflict into collaboration. This workshop is designed to improve negotiation skills, promote cooperation, and enhance leadership qualities.

Jim Snack

The Humor Project

Workshop 503

Responding to Intimate Partner Violence through a Trauma-Informed Lens

Audience: All

Intimate partner violence (IPV) impacts the physical, social, and emotional health of women, and the well-being of infants and children in the home. Home visitors can improve not only the health of women, parenting skills, and infant/child development, but may also be able to reduce the harm associated with IPV. Participants will learn key concepts and statistics related to IPV; signs that may indicate a consumer is in a violent relationship; and strategies to respond to the family dynamic using a trauma informed understanding. Participants will also gain an understanding of the guiding principles of trauma-informed care and how they can be applied to intimate partner violence.

Objectives:

- Define and recognize Intimate Partner Violence
- Understanding the Guiding Principles of Trauma Informed Care
- Identify three ways to respond to IPV using a Trauma Informed Practice

Anne Garno, M.Ed

Director of Education and Enrollment, Healthy Families North Country Prenatal/Perinatal Council, Inc

Joe Pate

Program Manager, Healthy Families North Country Prenatal/Perinatal Council, Inc

Workshop 504

Wellness Begins Within

Audience: All

This workshop will provide educational, demonstrative, and interactive components regarding personal wellness practices (i.e., Yoga, Meditation, Ayurveda). The benefit of integrating self-care practices into daily routines that enhance the well-being of the human services worker will be emphasized. Some of the benefits of wellness practices that will be outlined are: decreased negative mental states (i.e., stress, anxiety, depression) and enhanced clarity of thought, both of which allow for improved decision making and an overall feeling of acceptance and manageability. This workshop is a prime opportunity for participants to experience and learn a handful of ways to integrate wellness practices into their individual daily routines. Exploration of personal growth as well as how to utilize wellness techniques with those we serve will be the highlight of this workshop.



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Objectives:

- Discover how self-care practices impact your work
- Learn how to incorporate wellness practices in the home visit or supervision
- Participant experience of personal wellness exploration and rejuvenation

Teresa Deacon, CLC

Family Assessment Worker, Healthy Families Ontario - Child & Family Resources, Inc.

Workshop 505

Overcoming the Invisible Barriers of Migratory Mourning

Audience: All

Participants will learn how to identify and help immigrants overcome a widespread yet often-secret suffering known as migratory mourning. The multifaceted and intermittent condition, caused by family and sociocultural separation and losses, can manifest in mental distress and other challenges, preventing immigrants and their children from fully participating in family support. This workshop will focus on developing the skills needed as a home visitor to assist immigrant families in articulating their underlying feelings, and empower them to make lasting changes to improve the quality of their lives and their society.

Objectives:

- Identify stressors and symptoms associated with migratory mourning
- Explain areas of life in which the mourning exists
- Learn to develop skills needed to support immigrant families debilitated by this secret suffering

Maria Elena Ferrer-Harrington

Executive Director, Humanamente, Ulster County Human Rights Commissioner

Workshop 506

Pregnant and Parenting Women With Substance Use Disorders and Their Substance Exposed Infants: Addressing Prevention, Treatment, and Post-Partum Care for Mothers, Caregivers, and Infants

Audience: All

This workshop will review the unique risks facing pregnant women with substance use disorders and their children. It will provide an overview of neonatal abstinence syndrome, and discuss prevention, screening and treatment of pregnant women.

Objectives:

- Define neonatal abstinence, and its symptoms in newborns
- Learn the barriers to treatment that women and pregnant women experience
- Gain an overview of the best practices for treating pregnant women with substance use disorders

Margaret Taylor, PhD

Research Scientist, NYS Office of Alcoholism and Substance Abuse Services



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Workshop 507

What Is The New York State Association for Infant Mental Health (NYS-AIMH) Endorsement®?

Audience: Supervisors/Managers

The New York State Association for Infant Mental Health (NYS-AIMH) will begin offering the NYS-AIMH Endorsement®, a credentialing system that conforms with best practice standards. The intent is to recognize the development of professionals who work with infants, young children, and their families. Endorsement® by NYS-AIMH verifies that an applicant has attained the level of education required; participated in specialized continuing education and in-service trainings; engaged in work related to infants and toddlers; obtained reflective supervision/consultation; and acquired knowledge to promote the delivery of high quality, culturally sensitive, relationship-based services to infants, toddlers, preschoolers, families and other caregivers. This workshop will provide an overview of Infant Mental Health and introduce the Endorsement® process.

Objectives:

- Learn about the New York State Association for Infant Mental Health
- Consider which level of Endorsement would be right for you
- Conduct a self-assessment in preparation for applying for the Endorsement

Wendy Bender, LCSW-R, IMH-E® (III)

Infant Mental Health Specialist, Independent Consultant

Workshop 508

Understanding Performance Measurement in Human Services

Audience: All

A Healthy Families New York evaluator from UAlbany's Center for Human Services Research will talk about performance measurement in human services programs. Specific topics will include the importance of performance measurement, the selection of performance indicators, the measurement of performance indicators, and setting performance targets. The presentation will be followed by small group work and a group discussion. Participants will come away with a better understanding of how data is collected and used in measuring performance and for evaluation, as well as how they can use data to address issues specific to their program.

Objectives:

- Understand the practical importance of measuring program performance
- Learn how to select specific and measureable indicators of performance
- Understand the considerations involved in setting useful and relevant performance targets

Sandra McGinnis, PhD

Senior Research Scientist, Research Professor, Center for Human Services Research, UAlbany

9:45am – 10:00am

Break



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10:00am – 11:15am

Concurrent Workshops – 600 Series

Workshop 601

Intimate Partner Violence as an Adverse Childhood Experience

Audience: All

Participants will explore childhood exposure to Intimate Partner Violence (IPV) as both trauma and an adverse childhood experience. This workshop will review the impact that IPV has on children's social, emotional, physical, behavioral, and cognitive development. Through interactive activity, participants will learn skills to help children build healthy relationships and attachments.

Objectives:

- Define trauma and discuss IPV as an adverse childhood experience
- List the potential emotional, social, physical, behavioral, and cognitive consequences of childhood exposure to IPV
- Identify skills to build resiliency and healthy relationships to help children build healthy relationships and attachments

Bonnie Allen, MA

Domestic Violence Program Administrator, Community Response, NYS Office for the Prevention of Domestic Violence

Agnes Bukhala, MA

Program Specialist, Health Unit, NYS Office for the Prevention of Domestic Violence

Sharon King

Victim Resource Coordinator, NYS Office for the Prevention of Domestic Violence

Workshop 602

Keeping It 100: Effectively Identifying, Engaging, and Supporting Fathers in Home-Visiting

Audience: All

New and expectant fathers play an important role during pregnancy and beyond. This offers a unique opportunity for providers to help them receive the education and support they need to support a healthy pregnancy and provide responsible and competent care for their children. This workshop will discuss creating an organizational philosophy of father inclusiveness, identification, and focused services.

Objectives:

- Improve understanding and language around father inclusiveness
- Increase knowledge, skills and attitudes regarding father identification
- Provide participants with practical skills around engaging and retaining fathers

Lena Green, LCSW, CLC

Senior Program and Operations Manager, NYC Human Resources Administration



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Workshop 603

The Trauma-Poverty Trap: How Attachment, Self-Regulation, and Competency Drive the Cycle of Poverty

Audience: All

This workshop will explore the impact of trauma on the cycle of poverty. A case study will be used to draw connections between the experience of trauma and an individual's attachment, self-regulation, and competency. Factors impacting economic mobility will be addressed. Best practices for empowering and assisting clients to overcome the cycle of poverty will be explored and used to develop an action plan.

Objectives:

- Recognize the connection between experiencing trauma and continuing the cycle of poverty
- Identify the psychological and socioeconomic factors that create barriers for individuals overcoming poverty
- Develop an action plan that addresses the multiple barriers that clients face

Carrie Gauthier, MSW, MPA

Senior Trainer, Professional Development Program

Adrienne Ostrove, MPA

Excelsior Fellow, NYS Office of Children and Family Services

Workshop 604

Using the Healthy Families New York Management Information System (MIS) to Support Program Administration

Audience: Supervisors/Managers

Participants will learn about tools available in the Healthy Families New York Management Information System to support accreditation, site management, supervision and training.

Objectives:

- Understand monthly and quarterly processes for QA and management control
- Understand bi-annual and annual processes for QA and management control
- Understand accreditation processes for QA and management control

John Heck, MSW

Senior Programmer Analyst, Center for Human Services Research

Corinne Noble, MA

Research Scientist, Center for Human Services Research

Workshop 605

Beyond Cultural Competency

Audience: All

A multicultural society presents important challenges for professionals in every field. Considering the dynamism, reactivity, and change in cultures, it is important work from diversity, rather than only recognize how cultures differ. In this workshop, we will review specific guidelines for reaching out to a diverse population and refer to three competencies: knowledge, skills and attitudes. Training and deepening the understanding of these competencies contribute to greater success in intercultural relations.



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Objectives:

- Explore important differences between cultural competency and cultural sensitivity
- Explain how following cultural competency patterns could inadvertently lead to harmful stereotyping
- Demonstrate the value of continuous improvement and accountability

Maria Elena Ferrer-Harrington

Executive Director, Humanamente, Ulster County Human Rights Commissioner

Workshop 606

Understanding the Relationship of Psychological Distress and Living With a Minor Child for Opioid-Misusers

Audience: All

There is much to learn about how the U.S. opioid crisis is directly affecting households with children. This workshop will provide participants with an overview of current research on the relationship of psychological distress and opioid misuse within the context of families. Participants will learn to differentiate factors associated with psychological distress where there is a caretaker of a minor.

Objectives:

- Identify and explain how the opioid misuse contributes to psychological distress in adults in the context of families
- Differentiate factors associated with psychological distress for households where there is a caretaker of a minor who misuses opioids and those who do not misuse
- Identify and describe the impact of psychological distress and opioid misuse on engagement, working with resistant families, assessment, service planning, and collaborative goal setting for staff in home visiting programs

Keith Chan, PhD, MSW

Assistant Professor, School of Social Welfare, University at Albany, State University of New York

Jeffrey Trant, MSW, LCSW, CPRP

Ph.D. Student & Graduate Research Assistant, School of Social Welfare, University at Albany, State University of New York

Workshop 607

Grief: An Unparalleled Journey

Audience: All

This workshop will help participants to understand the symptoms of the “normal” grieving process in pediatrics and adults. Participants will learn how to identify complicated grief vs. normal grief reactions, understand the difference between grief and mental illness, and gain tools/ language to assist families and themselves to live with their losses. A brief overview of Community Hospice’s bereavement programs will be provided.

Ciara Covey, LMSW

Bereavement Services Supervisor, The Community Hospice



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Workshop 608

Good Conflict, Bad Conflict

Audience: All

This workshop will explore the difference between healthy and unhealthy conflict, how children are impacted by chronic exposure, and ways in which safe conflict can be addressed productively. Through group discussions and activities, participants will build skill sets and techniques for productively handling conflict in a wide variety of family situations.

Objectives:

- Learn more about the difference between healthy and unhealthy family conflict and its impact on children
- Understand how to identify healthy vs. unhealthy conflict
- Enhance skills sets for handling family conflict

Shari Doherty

Program Director/Mediator, Child Find of America, Inc.

11:30am – 12:30pm

Closing Plenary: The Magic of Change: Moving from Fear to Wonder

Jim Snack, The Humor Project

This session will offer strategies to help relieve stress caused by change, enhance communication, and build effective teams in a world of accelerated change. At the conclusion of the program, participants will be aware of the effects of change on them personally and they will understand the essential factors in building resilience and developing personal strategies for change.

12:30pm

Boxed Lunches