



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

Conference Schedule: Friday, September 19, 2014

7:00 AM– 7:45 AM	Breakfast and Registration
7:45 AM – 8:30 AM Grand Hanalei Ballroom	Welcome and Opening Remarks Jeff Rowe, MD Clinical Director, Child and Adolescent Psychiatry, UCSD, Rady Children’s Hospital San Diego, Past SDACAP President, and Co-Chair of the Early Childhood Mental Health Conference Planning Committee Nick Macchione, MS, MPH, FACHE Director, County of San Diego Health and Human Services Agency (HHS)
8:30 AM –10:00 AM CME Grand Hanalei Ballroom <i>IF-ECMH Competency Domain 1 A, C, D</i>	<i>Making Sense of the Adverse Childhood Events Study</i> Pradeep Gidwani, MD, MPH Director of Projects , American Academy of Pediatrics, CA Chapter 3 Attendees will become familiar with the findings of the Adverse Childhood Experiences Study (ACES) which connect ACEs with a wide range of health problems throughout the life-span. Additionally, attendees will explore ACEs in the larger context of the Early Childhood Mental Health field by highlighting local and national efforts to prevent and address ACEs in childhood Attendees will be able to: <ul style="list-style-type: none"> • Explore the associations between ACEs and their connection to later physical and mental health outcomes • Identify implications for partnerships between healthcare, education, behavioral health and child welfare professionals to address adverse childhood experiences, improve the odds, and promote child wellbeing
10:00 AM –10:15 AM Kona Coast Ballroom	Break & Visit Exhibits
10:15 AM – 11:45 AM CME Grand Hanalei Ballroom <i>IF-ECMH Competency Domain 1 A, C, D</i>	<i>Overcoming Adverse Childhood Experiences</i> Mark Katz, PhD Clinical & Consulting Psychologist, Director, Learning Development Services Many adults who currently enjoy meaningful and productive lives grew up exposed to multiple and prolonged adverse childhood experiences (ACEs). Until recently, there was not much known about how these resilient individuals managed to overcome these adversities and go on to lead successful lives. Researchers now feel that they’ve been able to identify sources of resilience, protective processes and turning point experiences that help to explain how they “beat the odds.” During this presentation, we will review these factors and discuss how they can improve the lives of child, youth, families and adults impacted by a range of similar adversities, including those associated with serious later-life emotional, behavioral and health-related problems. Implications for preventing these more serious problems years down the road will also be explored. Attendees will be able to: <ul style="list-style-type: none"> • Identify sources of resilience and protective processes found in the lives of individuals who overcame exposure to a range of adverse childhood experiences • Explore practices that are helping individuals learn to see adversities in a new light • Examine prevention strategies that will improve the odds for those impacted by ACEs
11:45 AM –12:00 PM	Book Signing & Visit Exhibits
12:00 PM – 1:00 PM	Lunch



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

	Pick up your picnic lunch outside in the courtyard past the pool. There is sunny seating in the courtyard and shady seating near the pool, in the two atriums between the towers, and on the patio next to the Lagoon ballroom.
1:00 PM-1:15 PM	Visit Exhibits
1:15 PM –2:45 PM	<p>A-1 <i>Separation and the Young Child: What We Know, Feel, and Do</i> Kim Flowers, LCSW, IF-ECMH RPF-II and Ali Freedman, PsyD</p> <p>Lagoon</p> <p><i>IF-ECMH Competency Domain 1 A, B</i></p> <p>Separation experiences may lead to vulnerabilities in the developing young child. Attending to and strengthening the protective factors can reduce this risk and lead to resiliency. The purpose of this workshop is to provide participants an opportunity to consider a wide range of separation experiences that young children may have, while offering a framework for understanding the unique experience of each young child and her family. Case vignettes from the fields of child welfare and military family separations will illustrate practical strategies for supporting children and their caregivers through separation experiences will be highlighted. Providers will draw upon the wealth of experience present via experiential activity and group discussion.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Examine a wide range of “separation” experiences and how they impact the young child • Outline a framework for understanding the young child and her family’s unique experience of separation • Identify and explore practical strategies for supporting children and their caregivers through separation • Explore the importance of provider's personal responses to separations • Activate protective factors to enhance provider self-care and resiliency
	<p>A-2 <i>The Incredible Families Program: Improving the Odds for CWS Families with Addiction and Co-Occurring Disorders</i> Angela Rowe, LCSW, CAADE and Sara Cole, LMFT</p> <p>Pacific</p> <p><i>IF-ECMH Competency Domain 1 A, F</i></p> <p>This presentation will highlight the Incredible Families Program (IFP), a collaborative program through the County of San Diego Behavioral Health Services, Child Welfare Services (CWS), and Vista Hill. Attendees will examine how tools such as practical skills training, parenting skills, coaching, treatment resources for parents, and other resources and help with attachment issues between children and their parents. In additions, presenters will explore how therapists, parent partners, and IFP staff work closely with CWS and foster families to collaborate and communicate the needs of the families. IFP offers a “bundle package” that includes therapy for children ages two through eleven, an evidence-based parenting class (Incredible Years) for parents, and a group-supervised family visit. An IFP alumni panel will speak about their involvement in the program and how it makes a difference for them.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify program components of the Incredible Families program that specifically addresses trauma and assists families with elevated ACE scores • Explore how input from families is crucial when making decisions about program improvement



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p>1:15 PM –2:45 PM</p> <p>Bay</p> <p><i>IF-ECMH Competency Domain 1 A, F</i></p>	<p>A-3 <i>Interventions for Children with Fetal Alcohol Spectrum Disorders (FASD): A Story of Hope</i> Patty Boles</p> <p>Presenter will present a case example of one family’s journey with a child impacted by Fetal Alcohol Syndrome. Attendees will explore the challenges and surprises, and examine interventions and strategies that were effectively utilized to give this child the best possible outcomes in life.</p> <p>Attendees will</p> <ul style="list-style-type: none"> • Review signs and symptoms of FASD • Identify interventions that specifically contribute to resiliency • Explore strategies that can be utilized for improving the odds for children with FASD
<p>Coral</p> <p><i>IF-ECMH Competency Domain 1 A, F</i></p>	<p>A-4 <i>The Therapists Toolbox: Strengthening Relationships between Young Children and Their Caregivers</i> Denise VonRotz, LMFT</p> <p>As clinicians, what can we do to foster resiliency in the families we work with to counteract the impact of Adverse Childhood Experiences? We can emphasize the building and strengthening of positive, nurturing caregiver-child relationships and interactions. This workshop will provide attendees with ideas for therapeutic activities that can easily be implemented with families to build a foundation which will help children to reach their full potential.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify family protective factors which increase resilience in the face of adverse childhood experiences • Explore and practice therapeutic activities which support the development of safe, stable, nurturing relationships
<p>CME</p> <p>Lagoon</p> <p><i>IF-ECMH Competency Domain 1 E</i></p>	<p>A-5 <i>Addressing Adverse Childhood Experiences and Their Health Outcomes Across Systems</i> Dean Sidelinger, MD, MEd</p> <p>This workshop will provide foundational information about adverse childhood experiences (ACEs) and their associations with health outcomes. There will be a discussion of how to identify ACEs in practice settings as well as how to intervene to prevent or address potential negative impacts on health across settings. Participants will discuss what systems changes can be made to work toward becoming a trauma informed community.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify adverse childhood experiences • Examine associations of adverse childhood experiences with potential health outcomes • Explore methods to identify and address adverse childhood experiences in practice settings • Outline potential system changes needed to work toward being a trauma informed community
<p>1:15 PM –2:45 PM</p> <p>Lahaina</p>	<p>A-6 <i>Recognizing the Emotional Health of the Caregiver as a Protective Factor in Child Well Being</i> Gretchen Mallios, LCSW and Yvonne Rothermel, LCSW</p> <p>Professionals are frequently tasked with the difficult job of promoting a young child’s development in the context of a parenting system that is saddled with depression or anxiety. Left unaddressed</p>



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p align="center"><i>IF-ECMH Competency Domain 1 E</i></p>	<p>and untreated, these disorders threaten the child’s development. This workshop is designed to train Early Childhood Mental Health professionals to accurately recognize, screen, and effectively engage parents who are affected by a perinatal mood or anxiety disorder. Participants will learn how to recognize the emotional and behavioral processes that frequently occur when these disorders are present. They will then have the opportunity to practice skills in screening and talking about this sensitive issue with parents and caregivers. The workshop is appropriate for professionals across multiple disciplines and roles, including: home visitors, parent educators, developmental specialists, health care staff, occupational and speech therapists, social workers, therapists, and teachers.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the spectrum of perinatal mood and anxiety disorders • Outline the impacts on the developing child, the family formation, and parental identity • Understand and relate the most common methods for recovery • Review mechanisms for screening for perinatal depression using the 2-question screen and the Edinburgh Postnatal Depression Scale (EPDS) • Practice the skills for discussing these issues with a parent or caregiver
<p align="center">Surf</p> <p align="center"><i>IF-ECMH Competency Domain 1 D</i></p>	<p>A-7 Early Care and Education: How Head Start Promotes Resiliency Stephanie Tesch, MSW and Julia Childs Andrews, MS</p> <p>This workshop will address the phenomenon of resilience in very young children and their families who have experienced trauma and toxic stress. It will highlight the Head Start “whole child” and family engagement approach in promoting resiliency despite significant life adversities and risk factors. Participants will learn a Head Start resilience framework based on the program’s “school and life readiness” model.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify a resilience framework based on Head Start’s “whole child” and family engagement approach • Practice social-emotional classroom and home strategies that strengthens self-regulation and co-regulation, as well as foster feelings of competence, self-determination and connectedness
<p align="center">Tropic</p> <p align="center"><i>IF-ECMH Competency Domain 1 E</i></p>	<p>A-8 Addressing Violence in the Home Susanne Warner, LMFT and Jeanne Wilcox, LMFT</p> <p>This workshop will prepare professionals to better recognize the impact of Domestic Violence on children and examine the link between Adverse Childhood Experiences (ACEs) and patters of family violence.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Explore the psychological, physical and emotional effects of DV on children • Review fundamental components of the therapeutic process with children and families who have experienced family violence • Examine the correlation between ACEs and family violence, specifically ACEs and batterer’s behaviors
<p>2:45 PM – 3:00 PM</p>	<p>Break</p>



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p>3:00 PM – 4:30 PM</p> <p>Bay</p> <p><i>IF-ECMH Competency Domain 1 A</i></p>	<p>B-1 <i>The Protective Nature of the Perinatal Paternal Relationship</i> Daniel B. Singley, PhD</p> <p>The purpose of this workshop is to clarify how fathers can protect against trauma, abuse, and mental health issues in their family. While fathers are often considered to be either perpetrators of abuse or generally absent during the perinatal period, a wealth of research suggests that fathers can made strong and enduring contributions to the mental health of their family members by being engaged with them. This presentation will draw from a variety of research areas including interpersonal neurobiology, attachment studies, trauma/abuse, and recent advances in the study of mental health during new fatherhood. Attendees will gain a deeper appreciation of normative as well as pathological issues related to new fatherhood along with concrete ways to foster enhanced father engagement and well-being in the families they serve.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify key psychosocial stressors for fathers during the perinatal period • Outline techniques to more effectively engage men with their partners and babies throughout pregnancy and early fatherhood
<p>Lagoon</p> <p><i>IF-ECMH Competency Domain 1 F</i></p>	<p>B-2 <i>Home Visiting by Trained Professionals: Changing the Trajectory of the Lives of Families</i> Kim Thomas, MA, Bonnie Copeland, RN, PHN, MSN, Linda Lake, RN, PHN, MSN, and Barbara Hale, PHN, BSN, IBCLC</p> <p>The perinatal period can be a joyous, yet vulnerable, time for families. Expectant parents and young children who lack social support, access to resources, and face additional life stressors are at increased risk for Adverse Childhood Experiences. Trained and skilled home visitors help to strengthen families by addressing risk factors and promoting protective factors. Building trust is the first and primary focus to establish a relationship and build a partnership with families. Through relationship and mentorship with families we can support the parent-child relationship.</p> <p>Presenters from two evidence-based home visiting programs will discuss their experience of serving at-risk families and offer practical tools to support home visitors and families. Participants will engage in an interactive case-based process highlighting clinical decision-making and service planning.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Explore trust building strategies to use with families • Identify strategies to promote protective factors and reduce risk factors • Review a family client case history and build a plan for service



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p>3:00 PM – 4:30 PM CME</p> <p>Pacific</p> <p><i>IF-ECMH Competency Domain 1 D</i></p>	<p>B-3 <i>Identifying Risks and Crafting Prevention to Childhood Obesity</i> Christine Wood, MD, FAAP, CLE</p> <p>The purpose of this workshop will be to examine the risk factors that may influence pediatric obesity during pregnancy and early childhood (feeding practices, parent styles, community environments, Adverse Childhood Experiences, stress, and sleep). Presenter will review the evidence-based recommendations for assessment and treatment to prevent and treat pediatric obesity. And finally, explore examples of how practitioners can influence communities and a brief overview of motivational interviewing should empower attendees to guide families on this difficult topic.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify risks within communities and within families that put children at nutritional and environmental risk for childhood obesity and poor nutrition • Explore how communities and individual practitioners can support environments and families to make healthier choices
<p>3:00 PM – 4:30 PM</p> <p>Coral</p> <p><i>IF-ECMH Competency Domain 1 F</i></p>	<p>B-4 <i>PCIT/PCAT in Action: Maximize the Parent-Child Relationship to Minimize Adverse Childhood Experiences</i> Christina Moran, PsyD</p> <p>Parent-Child Interaction Therapy (PCIT) and Parent-Child Attunement Therapy (PCAT) are evidence-based treatments designed to decrease the child’s negative behaviors while also enhancing the relationship between the caregiver and child. The skills taught within these modalities can significantly reduce the impact of Adverse Childhood Experiences by optimizing social, emotional and cognitive functioning, and minimizing the likelihood of health-risk behaviors. Childcare workers, teachers, mental health clinicians, and other professionals working with children will benefit by learning the key concepts of PCIT. Participants will experience PCIT ‘in action’ by observing and practicing some of the core skills.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Examine the target population and referral sources for PCIT • Explore key concepts of PCIT/PCAT • Identify skills that enhance social, emotional and cognitive functioning to minimize impact of adverse childhood experiences • Practice PRIDE skills and observe the impact of special playtime
<p>Tropic</p> <p><i>IF-ECMH Competency Domain 1 F</i></p>	<p>B-5 <i>Nurturing Parent-Child Connection in Residential Treatment Settings After Incarceration has Separated Families</i> Alyce Belford, PhD, RAS</p> <p>Presenter will introduce and discuss concepts relevant to trauma informed care strategies for women in the correctional and criminal justice system. Specific to ACEs, separation due to incarceration brings challenges and opportunities when treating women, and women with their children. Attendees will explore strategies for reunification and improving outcomes for families in a residential treatment setting as they move through the re-entry and recovery process.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Outline concerns and issues impacting women in incarceration, and issues their children face when reunifying • Identify trauma informed strategies for working with incarcerated women and their children to



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

	<p>improve treatment outcomes</p> <ul style="list-style-type: none"> Practice trauma informed language and skills building
<p>3:00 PM– 4:30 PM CME</p> <p>Reef Harbor</p> <p><i>IF-ECMH Competency Domain 1 G</i></p>	<p>B-6 Yoga and Meditation: Non-pharmacological Tools to Increase Calm and Connection Between Parents and Their Children. Pradeep Gidwani, MD, MPH and Gretchen Mallios, LCSW</p> <p>Presenters will introduce participants to evidence-based, non-pharmacological tools for increasing calm and connection for children and parents with an emphasis on yoga and meditation. Participants will engage in a brief yoga and meditation practices during the session to gain firsthand experience.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> Explore the benefits to complementary strategies for calm and connection between parents and children Identify where yoga and meditation can be used for children and parents Practice easy to learn and easy to use techniques
<p>Lahina</p> <p><i>IF-ECMH Competency Domain 1 A, D</i></p>	<p>B-7 Supporting the Single Parent: Improving Outcomes with Triple P Lea Bush, MSW, MPA, Michelle Foy, MSW, and Julio Ramos, Parent Educator</p> <p>The purpose of this workshop is to demonstrate that effective evidence-based programs are one tool in changing outcomes for single parents. Children from single parent households typically fare worse in academic performance and adult relationships than their peers. Positive Parenting Program (Triple P) strategies can reverse this cycle and help teach parents how to stop doing what is not working and start using tools that are backed by research. These evidence-based interventions will help improve children’s behavior, reduce stress and reduce parental depression.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> Identify and put into immediate practice at least two evidence based strategies for use with single parent families Demonstrate greater knowledge about the effectiveness of a parent education model in changing outcomes for children of single parents
<p>5:00 PM</p>	<p>Networking Reception in the Courtyard Refreshments and music will be provided</p>



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

Conference Schedule Saturday, September 20, 2014

7:00 AM – 7:45 AM	Breakfast and Registration	
7:45 AM – 8:30 AM Grand Hanalei Ballroom	Opening Remarks Ali Freedman, PsyD Regional Vice President, Southern California, Fred Finch Youth Center; Co-Chair, Early Childhood Mental Health Conference Planning Committee Laura Vleugels, MD Supervising Child and Adolescent Psychiatrist for Behavioral Health Services, County of San Diego Health and Human Services Agency (HHSA)	
8:30 AM – 10:00 AM CME Grand Hanalei Ballroom <i>IF-ECMH Competency Domain 1 A,B,C,D,E,F</i>	<i>Integrating the Core Principles of Neurodevelopment and Traumatology with the Neurosequential Model[®] of Therapeutics (NMT)</i> Bruce D. Perry, MD, PhD The development of a young child is profoundly influenced by experience. Experiences shape the organization of the brain which, in turn, influences the emotional, social, cognitive and physiological activities. Insights into this process come from understanding brain development. This session will provide an overview of key principles of neurodevelopment crucial for understanding the role of experience in defining functional and physical organization of the brain. Additionally, the session will provide an overview of the key functions of the brain, outline the hierarchy of brain development, and provide neurodevelopmental links to key functions of the brain and key times of development. Attendees will be able to: <ul style="list-style-type: none"> • Review key principles of neurodevelopment crucial for understanding the role of experience in defining functional and physical organization of the brain • Describe the emerging clinical and research findings in maltreated children that suggest the negative impact of abuse, neglect and trauma on brain development • Outline the clinical implications of a neurodevelopmental approach to child maltreatment and Adverse Childhood Experiences (ACEs) • Discuss the role of public policy and preventative practices in context of the impact of maltreatment on children's emotional, behavioral, cognitive, social and physical health 	
10:00 AM – 10:15 AM Kona Coast Ballroom	Break & Visit Exhibits	
10:15 AM – 11:45 AM CME Grand Hanalei Ballroom	<i>Integrating the Core Principles of Neurodevelopment and Traumatology with the Neurosequential Model[®] of Therapeutics (NMT)</i> Bruce D. Perry, MD, PhD *Part Two of keynote session listed above	
11:45 AM – 12:00 PM Kona Kai Ballroom	Book Signing & Visit Exhibits and Poster Sessions	
12:00 PM – 1:00 PM Grand Hanalei Ballroom	Lunch Pick up your lunch in the foyer and bring it back to your table in the ballroom.	



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p>1:15 PM – 2:45 PM</p> <p>Pacific</p> <p><i>IF-ECMH Competency Domain 1 D, E</i></p>	<p>C-1 <i>Advanced Reflective Practice – Part One (**Part two offered in session D-1)</i> Chris Walsh, LMFT, Sherry Hartwell, LMFT and Kim Flowers, LCSW, IF-ECMH RPF-II</p> <p><i>Note: This workshop is offered in 2 parts during breakout Sessions C and D. In order to participate in the Session D attendees must have participated in Session C.</i></p> <p>This experiential workshop is designed to build upon and refine participants’ reflective practice knowledge base and skill sets. It is intended for those that have previous experience in Reflective Practice. This workshop will make use of videotaped reflective sessions. Participants will be asked to share their observations, reflections and experience during small group discussions and large group processing. These skills will be immediately transferable for use in clinical practice.</p> <p>It is recommended that participants read the article “Finding an Authentic Voice, Use of Self: Essential Learning Processes for Relationship-based Work” by Mary Claire Heffron, et al., prior to the workshop (available on the ECMH website).</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Expand and refine observational skills • Enhance awareness of cognitive, emotional and somatic shifts in self and others • Generate a shared understanding of reflective practice • Consider relationship between risk, resiliency and reflective practice 	
<p>Coral</p> <p><i>IF-ECMH Competency Domain 1 F</i></p>	<p>C-2 <i>Utilizing Motivational Interviewing (MI) to Help Families Create Change</i> Rosemarie C. Sachs, MS and Shelly Parker, PHN, Dianne Bourque, RN, PHN</p> <p>According to the ACE Study, having a household member who abuses substances can contribute to an increased risk for Adverse Childhood Experiences. Assisting a family member to engage in treatment, considering and using effective parenting skills, and improving communication within the family are examples of behavior changes that may lessen the risk and impact of ACEs. MI is an evidence-based practice which can be used to engage families from diverse backgrounds to facilitate changes in behaviors. Participants will review the basics of MI and will have the opportunity to practice basic MI skills.</p> <p>Attendees will be able to</p> <ul style="list-style-type: none"> • Identify how MI skills can help a practitioner’s ability to facilitate behavior changes • Examine how public health nurses use MI to improve outcomes for children and families • Practice basic motivational interviewing skills 	
<p>Bay</p> <p><i>IF-ECMH Competency Domain 1 C, F</i></p>	<p>C-3 <i>The Attuned Parent: Meeting the Heart of the (Hurt) Child</i> Stacey Annand, MA, IMF</p> <p>The purpose of this workshop is to invite attendees to participate in an intimate dialogue about utilizing compassion, self-awareness, and empathy to create connection and healing for the traumatized child. Raising children with relational trauma histories can present a daunting experience for parents, caregivers, teachers, clinicians and others in daily contact with these extraordinary human beings. Logical thinking and traditional parenting practices often activate more distressing symptoms within the child, leaving parent and child feeling hopeless, scared, alone, and emotionally exhausted.</p>	



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

	<p>This breakout session will support attendees to assess and become familiar with adverse childhood experiences (ACE'S) and how these early experiences shape parents/caregivers, and professionals. By recognizing our own experiences and belief systems, we can see where caregivers and professionals are vulnerable to becoming more reactive rather than responsive to these children who will absolutely touch and tap into our deepest fears and unresolved experiences.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify and explore ACE'S and their direct connection to current parenting and/or therapeutic practices • Demonstrate a deeper understanding of the significance of using compassion, self-awareness, and empathy to meet the heart of the traumatized child • Demonstrate effective responsive interventions to improve engagement and resiliency 	
<p>1:15 PM – 2:45 PM</p> <p align="center">Surf</p> <p align="center"><i>IF-ECMH Competency Domain 1 C</i></p>	<p>C-4 Supporting Parents Supporting Children Presenter: Deb Stolz</p> <p>Given that we know children who have experience Adverse Childhood Experiences (ACEs) have better outcomes when raised in supportive families, it is important to provide them with the necessary support. Attendees will explore the reality of the multiple issues for families living with traumatized children and examine what works for supporting them.</p> <p>Attendees will be able to :</p> <ul style="list-style-type: none"> • Identify the dynamics of the parents: the who and the why of ACEs • Explore the effect that caring for children with trauma can have on parents • Examine effective interventions for caregivers to improve the odds for the children • Discuss the outcomes for children and families • Develop resources for parents and families 	
<p align="center">CME</p> <p align="center">Reef Harbor</p> <p align="center"><i>IF-ECMH Competency Domain 1 C</i></p>	<p>C-5 Neuroimaging and the Traumatized Brain Jay Giedd, MD</p> <p>We know that with different types of trauma, expected reactions from young children may differ depending on factors such as: the circumstances surrounding the trauma, the physical and emotional availability of caregivers, and developmental factors including the age of the child. This workshop will address the effects of trauma on trajectories of brain development in health and illness.</p> <p>Attendees will be able to</p> <ul style="list-style-type: none"> • Identify trajectories of gray matter change in the developing brain. • Identify trajectories of white matter change in the developing brain. • Describe changes in “connectivity” during brain maturation. • Discuss the influence of trauma on developmental brain trajectories 	
<p>1:15PM – 2:45 PM</p> <p align="center">Lahaina</p>	<p>C-6 Minimizing Adverse Childhood Experiences in Foster Homes Through Teamwork and Support Susan Gibb</p> <p>Nearly all parents of children in Dependency (under the supervision of the court) are experiencing one or more of the major health issues that have been shown to result from ACEs. Nearly all of the children currently in Dependency are experiencing ACEs that has been shown to correlate to major health issues. Foster families are uniquely positioned to</p>	



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p><i>IF-ECMH Competency Domain 1 A</i></p>	<p>positively intercept these families in crisis and support the family in breaking the generational cycle of risk. The purpose of the workshop is to identify the special needs of young children in the crisis of ACEs and explore the benefits of additional training and networking amongst those caring for these children. Attendees will also examine the support currently available to foster parents in San Diego County.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the special care needs of a young child in out-of-home care, and examine the ongoing trauma children experience through disruptions in placement. • Outline and identify strategies and interventions to allow these children to thrive while providing support to the caregiver • Examine the case worker's role in providing information, support and assistance to the child and the caregiver • Demonstrate the mutual benefits of training, support and respectful interaction between the case worker and care provider as well as the benefits of a child centered, teamwork approach to family support in Dependency 	
<p>Lagoon</p> <p><i>IF-ECMH Competency Domain 1 D</i></p>	<p>C-7 Early Interventions: Building Resiliency in the Parent-Child Dyad Marilee Burgeson, MA, CCC-SLP</p> <p>The purpose of this workshop is to explore the Three R's: Regulation, Reflection and Responsiveness as buffers to distress and enhancers of resiliency in early relationships. The power of the parent /child dyad will be highlighted through research on early brain development within the context of relationships. The DIR/Floortime relationship based model will be used as a framework for social emotional development and videotape illustrations of developmental levels, Floortime and coaching will be provided. Building early relationships has a profound effect on a child's health and well-being so participants will begin to build capacity to read and respond to emotions as a way to mitigate the ACE factors and their biological consequences, specifically poor social emotional development, poor self-control of emotion and delayed speech and language development. This engaging presentation will enrich your capacity to build quality early relationships.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify cognitive, social and mental health consequences of biological outcomes of ACE's • Link early brain development to building resilience • Describe six essential social emotional developmental levels in the DIR model • Explore the interplay between sensory processing and emotional processing • Discriminate between relating and communicating • Practice strategies for parent coaching and building emotional literacy 	
<p>1:15PM – 2:45 PM</p> <p>Tropic</p> <p><i>IF-ECMH Competency</i></p>	<p>C-8 Sexual Abuse Dynamics and Interventions to Reduce Long-Term Impact Leslie Peterson, LCSW, RPT</p> <p>This workshop will explore the context of sexual abuse, identify the dynamics of sexual abuse, and explore its effects on the family. Attendees will discuss the traumatic and developmental impact of sexual abuse and explore what the ACE Study suggests about the long-term effects on children and families.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify at least three characteristics of sexual abuse dynamics and their impact on 	



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p align="center"><i>Domain 1</i> <i>E, F</i></p>	<p>development</p> <ul style="list-style-type: none"> Attendees will practice and demonstrate interventions which are effective in processing and treating children and families who have experienced sexual abuse 	
<p>2:45 PM – 3:00 PM Kona Coast Ballroom</p>	<p>Break & Visit Exhibits</p>	
<p>3:00 PM – 4:30 PM</p> <p align="center">Pacific</p> <p align="center"><i>IF-ECMH</i> <i>Competency</i> <i>Domain 1</i> <i>D,</i></p>	<p>D-1 <i>Advanced Reflective Practice – Part Two (**Must have attended session C-1)</i> Chris Walsh, LMFT, Sherry Hartwell, LMFT and Kim Flowers, LCSW, RPF-II</p> <p>In order to participate in the Session D attendees must have participated in Session C. This experiential workshop is designed to build upon and refine participants’ reflective practice knowledge base and skill sets. It is intended for those that have previous experience in Reflective Practice. This workshop will make use of videotaped reflective sessions. Participants will be asked to share their observations, reflections and experience during small group discussions and large group processing.</p> <p>It is recommended that participants read the article “Finding an Authentic Voice, Use of Self: Essential Learning Processes for Relationship-based Work” by Mary Claire Heffron, et al., prior to the workshop.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> Expand and refine observational skills Enhance awareness of cognitive, emotional and somatic shifts in self and others Generate a shared understanding of reflective practice Consider relationship between risk, resiliency and reflective practice 	<p align="center"><i>E</i></p>
<p>3:00 PM – 4:30 PM</p> <p align="center">Lahaina</p> <p align="center"><i>IF-ECMH</i> <i>Competency</i> <i>Domain 1</i> <i>F</i></p>	<p>D-2 <i>Challenging Intergenerational Patterns of Childhood Adversity through Child Parent Psychotherapy (CPP)</i> Ashley Rambeau, MS, ASW</p> <p>This workshop will explore the principal components and treatment targets of the Child Parent Psychotherapy (CPP) Treatment Modality with specific emphasis on assessing and intervening around the impact of early childhood adversity on the parent – child relationship. Through this interactive workshop, participants will develop an enhanced understanding of and capacity for practical application around how CPP interventions: a) explore the impact of stress and trauma on early care giving relationships; b) are tailored to the unique parent – child relationship; c) build on the strengths, resilience, and protective factors present in the relationship; d) help parents resolve their own painful past experiences; e) promote parental insight into the child’s developmental stage and unique psychological makeup; f) enhance parent capacity to respond more effectively to the child’s emotional needs; and g) create a safer family environment.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> Identify principal components and treatment targets of Child Parent Psychotherapy Explore how CPP addresses parental experiences of childhood adversity to minimize intergenerational transmission and promote protective factors, resilience, and safe, stable and nurturing parent – child relationships 	
	<p>D-3 <i>Advocating for Young Children in Child Welfare: Working Together to Improve the Odds</i> Deb Stolz and Roseann Myers, JD, RN, Calin Freeman, Vince Flowers</p>	



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors – Improving the Odds from the ACE Study

<p>Tropic</p> <p><i>IF-ECMH Competency Domain 1 G</i></p>	<p>This workshop is designed to communicate the current challenges, needs and programs to address the special needs of caring for babies in child welfare. Presenters will highlight the biology of neglect, the population needs, and programs in place. Attendees will have the opportunity to examine the components of a special Court Appointed Special Advocate Program for Infants and Toddlers. In addition, an experienced foster parent and trainer will provide an overview of the current training and support given to caregivers of young children in foster care and lead a discussion about the gaps and future directions in the area of care.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify adverse childhood experiences in the current population of young children in foster care • Review the needs of babies with ACEs in foster care • Outline programs and services available to support young children in foster care • Explore gaps in services for this population • Discuss future directions in advocacy and care of young children in child welfare 	
<p>Coral</p> <p><i>IF-ECMH Competency Domain 1 E, G</i></p>	<p>D-4 KidStart Cases – Using Sensory Processing and Regulation in the Young Child Brooke Olson OTR/L</p> <p>Presenter will provide a basic knowledge and understanding of sensory processing and arousal regulation in young children who have experienced Adverse Childhood Experiences (ACEs). Attendees will explore simple and effective strategies to enhance functioning at home and in the community for the children with Sensory Processing Disorder (SPD) symptoms.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Define and understand arousal regulation in young children • Identify the 3 subtypes of SPD in children • Explore various sensory based tools which can be used in homes and in the community for arousal regulation which will improve outcomes for children and families 	
<p>3:00 PM – 4:30 PM CME</p> <p>Lagoon</p> <p><i>IF-ECMH Competency Domain 1 C, F</i></p>	<p>D-5 Medications and Traumatized Children (CME) Jeff Rowe, MD and Charmi Patel, MD</p> <p>The purpose of this workshop is to present a well-rounded discussion of the role of psychotropic medications and their use in the treatment of traumatized children. Great controversy surrounds the use of medication in these populations and concerns have been publicized about the need to reduce the use of medication and monitor its use better. This presentation will focus on the real-world application of our knowledge about how medicines work, for whom they work, how they fit into the overall treatment plan for young children, and how they can be used safely.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify symptom profiles that may be responsive to psychotropic medications • Outline the processes that a physician should go through before starting a medication in a young child • Review what medications do to the brain and how to understand medication treatments as part of an overall treatment plan 	
	<p>D-6 The JumpStart Model: Improving Odds for Children with Multiple Issues Claudia Gastelum, MBA, Angela Rowe, LCSW, CAADE, and Laura Cazares-Machado,</p>	



2014 Early Childhood Mental Health Conference: We Can't Wait V
From Science to Practice
Resiliency and Protective Factors - Improving the Odds from the ACE Study

<p align="center"> Bay <i>IF-ECMH Competency Domain 1 G</i> </p>	<p align="center">COSD, HHSA, BHS</p> <p>This workshop will provide an overview of specialized services in San Diego county designed to support children of substance using parents. Attendees will be introduced to the history of the JumpStart model and examine the key stakeholders involved in the planning and implementation of these early developmental interventions for children. Presenters will explore the multiple components required when providing a comprehensive network of services addressing the physical, developmental and behavioral health needs of children who have had Adverse Childhood Experiences and are considered at-risk for developmental delays.</p> <p>Attendees will be able to</p> <ul style="list-style-type: none"> • Identify key stakeholders to consider when providing a comprehensive network of services across multiple sites • Explore the developmental services, care coordination and behavioral services provided to children at women's recovery sites throughout San Diego County 	
<p align="center">4:30 PM</p>	<p align="center">Evaluations and Sign Out</p>	