



# 16<sup>th</sup> Annual Conference Fulfilling the Promise

A conference for parent educators  
and home visitors

March 16-17, 2011

Kalahari Resorts Wisconsin Dells, WI

<http://www.uwex.edu/ces/flp/conference/index.cfm>



## We thank our Sponsors:

Join us and discover ways to:

- ★ work more effectively with parents
- ★ successfully outreach to fathers from all backgrounds
- ★ build collaborative community partnerships for children
- ★ generate program revenue
- ★ use evidence-based and evidence-informed programming to support children and families
- ★ re-energize yourself for your work with families
- ★ recommit yourself to fulfilling the promise of every Wisconsin child



**Wisconsin Department of Children & Families**  
Protecting Children. Strengthening Families. Building Communities.

## Do you have materials to share?

To reserve an exhibit table call Michele Dickinson at 608-265-9101 or email [michele.dickinson@ces.uwex.edu](mailto:michele.dickinson@ces.uwex.edu)

## Invitation to Attend

Are you looking for ways to work more effectively with parents?  
New ideas and approaches?  
A chance to re-energize yourself for your work with families?

At **Fulfilling the Promise** you'll hear from parent education and home visitation professionals, peers with innovative programs, and experts in related fields. You will be able to discuss and learn about the things that matter most in your work with parents and families. You will have the opportunity to connect with colleagues from across Wisconsin. You will be able to gather information and resources from the array of exhibitors on March 16th.

Don't miss this opportunity to enhance awareness, build understanding, and develop skills to increase your effectiveness with families of many backgrounds.

## Conference Schedule

### Day 1: Workshop Schedule – Wednesday, March 16

- 8:00 Registration
- 9:00 Welcome & Keynote
- 10:00 Break & Exhibits
- 10:30 Workshops A
- 11:45 Lunch
- 12:45 Workshops B
- 2:00 Break & Exhibits
- 2:30 Workshops C
- 3:45 Workshops Conclude
- 4:00 Home Visitor Networking
- 7:00 Yin Yoga

### Day 2: Institute Schedule – Thursday, March 17

- 8:00 Registration
- 9:00 Institutes
- 10:30 Break
- 10:45 Institutes Continue
- 12:00 Lunch
- 1:00 Institutes Continue
- 2:30 Break
- 2:45 Institutes Continue
- 4:00 Institutes & Conference Conclude





Coined “The Adversity Coach” for her belief in embracing and utilizing the obstacles in our lives, Nicole Lynn Lewis has dedicated herself both personally and professionally to giving people and organizations the tools they need to reach their goals. Nicole is a former teen mother-turned author, motivational speaker, and founder of the nonprofit organization Generation Hope, which matches sponsors with teen parents attending college from Washington D.C., Maryland and Virginia.

In 2010 Nicole Lynn Lewis released her second book, *The Gloriously Simple Guide to Getting What You Want*, which is a simple and effective five-part process for achieving your dreams. Her groundbreaking memoir on her experience as a teen mother overcoming homelessness, an oppressive relationship, and a drug-infested environment to earn her college degree, *Glori* has inspired people nationwide since its debut. Find out more at [www.nicolelynnlewis.com](http://www.nicolelynnlewis.com).

## The Gloriously Simple Way to Get What You Want Conference Keynote

Wednesday, March 16 - 9:00 am - 10:00 am

Do you have a goal - a vision for your life - that often seems out of reach? Many of us have aspirations, but find we create roadblocks which can make them difficult to realize. Down to earth and honest, Nicole Lynn Lewis will share a simple and practical method for getting what you want out of life. This may change the way you define success and the way you look at yourself.

Save the Date for Fulfilling the Promise

March 21 - 22, 2012

Holiday Inn - Stevens Point, WI



# March 16 Workshops A - 10:30 am

## A1. Working With Dad – For Professionals and Communities

John David, JD, MSSW, Family Resources of La Crosse

How can I best work with dads? What do fathers need? What obstacles do fathers face? The word is already out about how important father involvement is for healthy child outcomes, yet even in rural to middle-sized communities, the diversity of fathers and their families can pose challenges to engaging dads. The trial-and-error experiences in the La Crosse area offer some guidance for starting points of strategy for providers and supervisors.

E DS 3, 6, 7 M 1, 2, 3, 7

## A2. Generating Program Revenue through Medicaid Reimbursements

Eileen McRae, Wisconsin Department of Health Services  
Mary Jo Tittl, Family Resource Centers of Sheboygan Co.  
Teresa Heusel, HP Enterprise Services  
Kasey Kaepernick, Waupaca Co. Healthy Beginnings  
Andrea Erickson, Exchange Center for the Prevention of Child Abuse

In these challenging economic times, prevention programs need to be mindful of every opportunity to increase their program budgets. This workshop will feature a panel discussion about how to generate revenue for your home visitation program through the Prenatal Care Coordination (PNCC) and Targeted Case Management (TCM) Medicaid benefit programs. The expert panel will offer insights and share specifics about the processes they use to take advantage of the MA reimbursements available through home visitation services.

PM, S M 2, 4, 5, 7

## A3. Raising a Thinking Child

Bridget L. Mouchon, MS, Green County UW-Extension, Cooperative Extension  
Nelly Martinez, Racine County UW-Extension, Cooperative Extension

Participants in this workshop will learn about the basic principles and research that set "Raising a Thinking Child" (RTC) apart from other parent education programs. RTC for parents of children aged 4-7 has demonstrated effectiveness in improving parenting skills and parent-child communication and in decreasing both impulsive and inhibited behaviors in young children. This workshop will provide a brief introductory overview of the program. RTC is a train-the-trainer program for which participants would need to attend another full-day training to teach this program to parents. Information about this training as well as who is currently teaching this program will be discussed.

EHV, EPE, PM, S, CP DS 3, 4, 5 M 1, 2, 7

## A4. Birth Matters! How Childbirth Affects Parenting

Amy Gilliland, PhD, Midwest Doula Trainers; Madison Area Technical College

Childbirth is a momentous event in any parent's life. As parenting professionals, we may not realize the impact of this experience on our client's ability to bond with their baby, breast feed successfully, or parent sensitively and with confidence. This session will cover the current research on the effects of labor and birth events on mothers, fathers, and babies; utilize video analysis of teen mothers' experiences; and discuss specific positive actions that can be taken by the home visitor or parent educator to assist in positive birth outcomes.

BHV, EHV, BPE, EPE DS 1, 3, 4 M 1, 7

## A5. Brain Development Basics: Enhancing Early Literacy and Life Long Lovers of Books

Jeanne Leccia Erickson, Project Babies

The human brain is an amazing and complex organ that allows each of us to think, feel, and act. The brain systems that regulate these activities are largely shaped by experience. This workshop will highlight how early experiences set the foundation for years to come - from relationships to a love of books. Participants will focus on the biology of brain development, including the critical and sensitive windows of development and the ten things every child needs for healthy development which includes reading, reading, reading!

BHV, EHV, BPE, EPE DS 1

## A6. Motivational Interviewing and Reflective Supervision: Kissing Cousins

Laura Saunders, MSSW, UW-Madison School of Medicine and Public Health; Wisconsin Initiative to Promote Healthy Lifestyles

Motivational interviewing (MI) is a person-centered, respectful, collaborative, relationship-based guiding approach to helping people self-identify areas for change. Supervisors can and should use reflective supervision to support their staff's use of motivational interviewing. Motivational interviewing can also be used to support and enhance supervisors' use of reflective supervision. Laura will help participants learn how these practices can complement and enhance each other.

PM, S M 1, 6

### Guide to Workshop and Institute Level

<b>BHV</b>	Beginning Home Visitor	<b>BPE</b>	Beginning Parent Educator
<b>EHV</b>	Experienced Home Visitor	<b>EPE</b>	Experienced Parent Educator
<b>CP</b>	Community Partners	<b>E</b>	Everyone
<b>PM</b>	Program Manager	<b>S</b>	Supervisor

For **Core Competencies**, please visit Children's Trust Fund Exhibit for Professional Development Portfolios.

<b>DS</b>	Direct Service Staff	<b>M</b>	Managers
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# March 16 Workshops A & Workshops B - 12:45 pm

## A7. Building a Community Partnership for Children

Bonnie Phernetton, Family Services of Northeast WI, Inc.  
Sarah Inman, Brown County United Way  
Paula Breese, Family and Childcare Resources of N.E.W.

If children are our greatest resource, how do we get communities to invest in them? Brown County's "Community Partnership for Children" has brought together the largest childhood-based coalition in the county's history. Dedicated community leaders are not only raising dollars, but awareness of the importance of early intervention. Through the Partnership, new parents receive help and information when it matters most - in the beginning, and from various services already existing in the community. Participants will identify champions for children in their local community, identify ways to collaborate with service partners, and become familiar with the first steps in creating a large-scale community partnership like Brown County's "Community Partnership for Children".

PM, S, CP

M 4, 7

## A8. When I Was Your Age

Marianne Morris, Family Services of NEW  
Jenny Pagel, Family Services of NEW

Have you ever thought, "Teens today are so different!", or found yourself saying to someone younger than you, "When I was your age..."? Explore the world of teenagers with an interactive discussion on what it really means to be a teen in the new millennium. Marianne and Jenny will lead a discussion on how being a teen has changed over the years and how it has stayed the same. They will give tips on how to recruit and retain teen clients, build relationships with teens, and highlight unique advocacy tips and legal issues that come along with having a teen client.

E

DS 2, 3, 6 M 1, 3

## A9. Hidden Victims of Incarceration

Mary Pohlman, MEd, Wisconsin Department of Corrections, Kettle Moraine Correctional Institution  
Michael Troutt, MLS, Wisconsin Department of Corrections, Kettle Moraine Correctional Institution

The statistics in 2006 indicated that 7.5 million children in this country had a parent who was somehow involved in the corrections system. The numbers of incarcerated adults are on the rise. Mary and Michael will share what research has found regarding the effects of parental incarceration on children. They will share how re-entry programs strengthen inmates' parenting skills and help build stronger bonds with kids, thereby reducing the incidence of generational familial incarceration. Participants will discuss methods they could use to help children and incarcerated parents maintain or build a relationship.

BHV, EHV, BPE, EPE

DS 2, 3, 6, 7 M 1, 7, 8

## B1. Working with Fathers is Not Business as Usual

Daryl Carter, Support Circle for Fathers, ABC's for Healthy Families  
W. Curtis Marshall, MS, Wisconsin Division of Public Health, Southeastern Regional Office

This session will reflect on the effectiveness of the group-based ABCs for Healthy Families, Fatherhood Project in Racine. The presenters will share strategies for increasing fatherhood involvement, and reflect on the development of a successful short-term parenting and nurturing education for fathers. Participants will discuss research on the cultural differences of father engagement.

E

DS 3, 6 M 1, 3

## B2. Using Computers on a Home Visit: Lessons Learned

Audrey Laszewski, MS, The Early Years Home Visitation Outcomes Project of Wisconsin

Using a lecture and question/answer format, this session will evaluate the use of hand-held computers by home visitors conducting a variety of screenings and assessments during a home visit. Participants will learn what is required to implement an electronic data collection system for home visiting and the impact the technology used has on the home visitor, the home visiting program and its data management. Topics include analysis of the technology's time- and cost-effectiveness with a focus on the lessons learned.

PM, S

M 1, 2, 5

## B3. A Primer on Strategies to Screen for and React to Violence in the Home

Jennifer Hammel, Child Abuse Prevention Fund, Children's Hospital and Health System  
Beth Ballo, Wisconsin Coalition Against Sexual Assault  
Ann Brickson, MSSW, LICSW, Wisconsin Coalition Against Domestic Violence

The Forward Wisconsin Initiative: Preventing Interpersonal Violence is a collaborative initiative, supported by multiple agencies within the state, which strives to change social norms that perpetuate violence. Interpersonal violence is inclusive of sexual violence, domestic violence, child maltreatment and neglect, and elder abuse. All of these forms of interpersonal violence share common factors; where one occurs there are more likely to be multiple exposures. Where multiple exposures occur, there are more likely to be profound life-long impacts. Home visiting programs can be a vehicle to address the cycle of violence. Participants will be aware of the research surrounding the impact of family violence across the life-span, become knowledgeable about resources and action steps to address violence in the home, and be able to establish an agency-wide strategy to screen for and react to violence in the home.

PM, S

M 7



# March 16 Workshops B - 12:45 pm

## **B4. In-Home Parent-Child Therapy for Toddlers**

Brittany Gresl, MA, Penfield Children Center  
Behavior Clinic

Joanna Love, MA, Penfield Children Center  
Behavior Clinic

Managing challenging behaviors in a young child can be difficult for any parent, but especially troublesome for a single parent of a special-needs child living in poverty. An in-home treatment program used at the Penfield Behavior Clinic, a mental health service developed through a community-university partnership, will be presented. Participants will learn how to identify children in need of mental health services, hands-on behavioral strategies intended to strengthen the child's pro-social behaviors and reduce challenging behaviors, and outcome measures to assess treatment effectiveness.  
EHV, EPE, PM, S DS 3, 4 M 1, 2, 7

## **B5. Say What?! Talking with Children about Sexuality**

Meghan Benson, MPH, CHES, Planned Parenthood of Wisconsin

Talking to parents about sexuality can be challenging and intimidating. Attend this workshop to be prepared to discuss a variety of sexuality topics with parents, including communicating with their children about sexuality and taking care of their own sexual and reproductive health. Learn about age-appropriate sexuality topics that even parents of young children should be addressing, such as appropriate names for body parts and sexual abuse prevention. Also, learn about the importance of inter-conception care for new parents to prevent negative outcomes among subsequent births.  
BHV, EHV, BPE, EPE DS 1, 3, 5

## **B6. Climbing the Pyramid**

Sandy Ellis, Trainer/Consultant  
Staci Sontoski, Family Support Programs, La Causa, Inc.

SEFEL for \$500 please! This presentation will provide information about the Pyramid Model of Early Learning and details about how and where the SEFEL (Social Emotional Foundations for Early Learning) project is being piloted in Wisconsin. Facilitators will share ideas and strategies (using a Jeopardy game show format!) to engage their local community partners in supporting the social/emotional development of kids in their communities. Come join the fun and win great prizes!  
E DS 1, 3, 4 M 1

## **B7. Navigating Diversity within Families**

Sara Shaver, MS, LMFT, Compass Counseling, L.L.C.  
Sarah Kravick, MS, LMFT, Compass Counseling, L.L.C.

What is it that separates one family from the next? The differences between families are endless and that is what keeps many of us working with them. It is also what can stump or challenge us. Knowledge in how these differences can affect family dynamics will provide direction in how you perceive, work and conduct effective services. The focus of this workshop will primarily be on blended families, same sex parents, military families, and grandparents as guardians. Within these areas of diversity the presentation will also address the natural variables that make one area different from another, including birth order, personality and spirituality.  
BHV, EHV, BPE, EPE DS 6

## **B8. Nurturing Early Relationships through Touch**

Yvonne Hiebert, MSE, CEIM, Nurturing Ways

Infant massage is an ancient parenting tradition used in cultures around the world. It is a type of nurturing expressed through gentle, appropriate touch that incorporates a variety of massage and relaxation techniques. It can help provide relief from gas and constipation, decrease fussiness, improve sleep patterns, boost the immune system, and increase bodily awareness. The time spent sharing massage can increase parent/caregiver confidence and increase awareness of a young child's cues. In this workshop, participants will learn the history of infant massage, what research says about the benefits of massage for infants and young children with and without special needs, and brief massage routines to use with infants and young children in their lives.  
BHV, EHV, BPE, EPE DS 1, 5

## **B9. The Role of Families in Shared Decision-Making**

Jenny Stonemeier, Wisconsin Family Assistance Center for Training, Education and Support (WI FACETS)

Parenting education and home visitation programs are designed to serve families, yet getting their input in decision-making related to these programs can be challenging! Participants in this workshop will identify unique and common barriers families and providers face that limit the levels of family involvement. Dawn will then explore a new training tool to help address these barriers and help families feel more confident and comfortable serving in decision-making roles. A guidebook will introduce the concepts of shared decision-making, varied practices that groups use, and valuable skills for members of groups. Participants will be given the tools to help them identify prospective families who may serve in a variety of decision-making roles.  
PM, S, CP M 1, 2, 7

# Link to Online Registration!



# March 16 Workshops C - 2:30 pm

## C1. Fathers Under Construction: The Dads' Toolbox

Alphonso Pettis, Next Door Foundation  
Royace Hagler, MA, Next Door Foundation

Are you trying to engage fathers in your program? Do you have a fatherhood program that is struggling to retain members? This interactive workshop will assist agencies that have fatherhood programs or want to start one. Participants will learn effective techniques and strategies to enhance the parenting skills of fathers, young and old. You will leave this workshop with the tools necessary to engage, recruit, and sustain your fatherhood program.

E DS 2, 3, 6, 7 M 1, 2, 3, 7

## C2. Wisconsin Competency and Endorsement System

Terri Enters, MS, Wisconsin Alliance for Infant Mental Health

You can be part of a national movement for Best Practice in Infant Mental Health by learning about the new Wisconsin Alliance for Infant and Early Childhood Mental Health Competency and Endorsement System. Find out about the history and national growth of Endorsement. We will review the competencies and the state goals of the Endorsement System. Learn how you can become endorsed for the important work that you do.

E DS 8 M 1, 6, 8

## C3. Preconception Health 101

Kate Gillespie, RN, BSN, Bureau of Community Health Promotion, Division of Public Health, State of Wisconsin Department of Health Services

Through this workshop participants will learn about the impact of preconception/interconception health for all women of childbearing age. Participants will gain an understanding of the importance of incorporating selected components of preconception health into education, messages and interventions with families. You will discover the impact preconception health can have on birth outcomes and the health of infants.

BHV, EHV, BPE, EPE DS 5

## C4. Rebuilding Families Using Parent Child Interaction Therapy Techniques

Heidi Storm, PhD, Children's Hospital of Wisconsin  
Anita O'Connor, LCSW, Children's Hospital of WI

Parent Child Interaction Therapy (PCIT) is a step-by-step, live-coached behavioral parent training model. The techniques of PCIT have been found to improve parenting skills, decrease child behavior problems, and improve the quality of the parent-child relationship. Participants will gain an understanding of some of the techniques that can be taught to parents for child behavior management and improving the parent-child bond.

EHV, EPE, PM, S DS 3, 4 M 1

## C5. Raising Safe Kids

Trudy Ranallo, Parents Plus, Inc.  
Patrice Knox, Parents Plus, Inc.

"Raising Safe Kids" is a presentation developed by Safe Kids America, which is designed to increase awareness among parents and caregivers of the injury risks children face, and how to prevent injuries at various stages of a child's development. Through discussion and activities participants learn various developmental activities, hazards, risks, prevention tips and strategies to keep children safe at different stages of their lives.

BHV, BPE DS 1, 5  
Enrollment Limit: 40 Participants

## C6. Parenting Programs for Divorced and Never Married Parents

Dave Riley, PhD, UW-Madison School of Human Ecology;  
UW-Extension, Cooperative Extension

Parents are highly receptive to parenting education when they are divorcing, and courts may require up to 4 hours of such education. Never married couples can be in a similar situation of co-parenting apart. Hear what research tells us about how parents' relationship difficulties affect children, and how we know that parenting programs for separated parents can be effective. This workshop will provide an introduction to some content of such programs.

EHV, EPE, S, PM, C DS 2, 3, 6 M 1, 3, 7

## C7. Helping Teen Parents Thrive

Nicole Lynn Lewis, Author/Speaker

According to the Centers for Disease Control and Prevention (CDC), in 2007 there were 444,899 live births to young women between the ages of 15 and 19. The teenage birth rate increased 5% during 2005-2007. These numbers illustrate the tremendous need to include both teen mothers and fathers in effective parenting education and support efforts. Many teen parents "fall through the cracks" because agencies do not fully understand how to reach this group. In this workshop, discover the unique needs of teen parents, promising outreach and education practices, and ways to incorporate this information into your programs and practices.

E DS 1, 2, 3, 6 M 1, 3



# March 16 Workshops C - 2:30 pm continued

## C8. Developmental Screening in Home Visitation Program

Lynn Riley, MSSW, Children's Service Society of Wisconsin  
Lizzie Sexton, MA, Children's Service Society of Wisconsin

Learn the "what's," "why's," "when's," and "who's" of the developmental screening tool, the Ages and Stages Questionnaire, used by the Children's Service Society of Wisconsin's KinderReady program. Based on their experience, Lynn and Lizzie will explore the benefits of such a practice including such issues as parent education, parent empowerment, and opportunities for early intervention. They will share their experiences developing and using a protocol for the use of a screening tool and its findings.

PM, S

M 1, 2, 7, 8

## C9. Supervisor's Round Table

Pence Revington, MEd, UW-Extension, Cooperative Extension, Family Living Programs

Have you ever wished you could have a mentor, someone you could look to for encouragement or a good kick in the pants? In periods of growth and in periods of uncertainty, supervisors benefit from a time for reflection. Join this round table of colleagues for a guided discussion of partnerships, programming and positive leadership. Just like a productive home visit, we'll end the workshop feeling better than we did when we came.

PM, S

M 1, 7

Enrollment Limit: 25 Participants

## Wednesday March 16 Evening Activities



### Home Visitor Networking 4:00 - 5:30 pm

Hosted by: Jenny Bisonette, LCO Family Services

Michele Dickinson, UW Extension, Cooperative Extension, Family Living Programs

Networking is a valuable part of building community. We do this daily in our work within our geographic communities, faith and cultural communities and service communities. Yet we often do not have the time or opportunity to develop these relationships in our professional community – home visitation professionals in Wisconsin. Let's get together for light hors d'oeuvres, a cash bar and exhibits, after the conference, to network with other home visitation professionals across Wisconsin. Talk with other professionals about the rewards and challenges in working with families, the current trends in home visiting in Wisconsin, funding opportunities, or about anything else that comes to mind.

**To adequately plan for this event please include your commitment to attend on your registration form. There is a small fee to help defray the cost of the hors d'oeuvres.**

### Yin Yoga and Meditation 7:00 - 7:45 pm

Kathleen Birmingham, Parent Educator, Family Services of N.E.W.

After a long day, many people go home and find a variety of ways to "unwind". Join us to learn yet another way you can refocus, re-center and relax at any time. Yin Yoga is safe, very gentle and deeply refreshing. It takes you to an inner place of ease, peace, stillness and silence, and is like meditating as you move. Your heart calms down, your breath becomes steady and you can hear your body and soul talk to you. There is never any pain or strain in Yin Yoga. This evening activity will provide an introduction to the practice of Yin Yoga. Participants are encouraged to wear loose fitting comfortable clothing, athletic shoes and to bring a yoga mat, if you have one. Enrollment Limit: 40 Participants.

**To adequately plan for this event please include your commitment to attend on your registration form. There is a small fee to pay for the instructor's services.**



# March 17 Full Day Training Institutes: 9 am - 4 pm

Please note: this year some Institutes are ½ day while others are full day.

## 1. Facing the Challenge

Rachael Loucks, MA.Ed, Parent Resource Center of Taylor County

This training is designed to help home visitors and parent educators better understand and support children who display challenging behavior. At the conclusion of this institute participants will be able to define challenging behavior and become aware of their own button-pushers, understand the primary reasons children use challenging behaviors, recognize why a family-centered approach is important when addressing challenging behaviors, understand the role of careful observation plays in addressing challenging behaviors, and how to develop a behavioral support plan. Content will be delivered through a mix of discussion, video clips, and hands-on activities.

BHV, EHV, BPE, EPE

DS 3, 4

Enrollment Limit: 30 Participants

## 2. Great Beginnings Start before Birth

Kate Gillespie, RN, BSN, Bureau of Community Health Promotion, Division of Public Health, State of Wisconsin Department of Health Services

This training will provide a strength-based approach to structuring work with expectant families. Through a series of mini lectures, demonstrations and skills exercises, participants will learn how to foster and maintain a healthy relationship with families; develop a thorough individual family support plan; discuss lifestyle effects on prenatal growth and development; emphasize the importance of prenatal bonding and stimulation; teach and demonstrate strategies to reduce the impact of stress; and help families prepare for the arrival of the baby.

E

DS 5 M 1

Enrollment Limit: 30 Participants

## 3. Promoting Behavior Change and Loving IT!

Laura Saunders, MSSW, UW-Madison, School of Medicine and Public Health; WI Initiative to Promote Healthy Lifestyles

A highly successful treatment approach, Motivational Interviewing (MI), is a person-centered, guiding method of communication used to elicit and strengthen motivation for change. This institute will provide participants with an understanding of what MI is and what it is not, a true appreciation for the spirit of MI, an empathic understanding of how people change and instruction and practice on the fundamental skills necessary to use this style of communication.

BHV, EHV, BPE, EPE

DS 3, 4 M 1

## 4. Making Connections: Dimensions of Poverty and the Impact on Development and Learning

Jeanne Leccia Erickson, Project Babies

Research has provided a strong link between the indicators used to evaluate and assess economic distress and poverty and the physiological impact of poverty. The discussion of the impact of poverty will be expanded to examine in greater detail how the dimensions of inadequate nutrition, toxins, quality care and restricted environment impact brain development and learning. The presentation will also include a review of research on the impact transient and long-term poverty has on social emotional development, behavior, and intelligence. The institute would not be complete without a discussion of the dimensions of poverty through the issue of race. Participants will engage in interactive dialogue on ways to incorporate this information into their work and daily practice.

BHV, EHV, BPE, EPE

DS 1, 3, 5, 6



# March 17 Half Day Training Institutes - 9am-12pm

**Please note: this year some Institutes are ½ day while others are full day. If you choose a morning Institute on this page, also choose an afternoon Institute from page 11.**

## 5a. Supporting Families toward Mental Wellness

Martina Gollin-Graves, MSW, APSW, Mental Health  
America of Wisconsin  
BethAnn Burazin, PSS, United House

Moms and dads with mental illness can present unique challenges to home visitors. This workshop will build awareness for the needs of families with mental illness, including the challenges they face, the impact mental illness has on families, the barriers that exist and recovery/wellness management. Participants will be given strategies to increase their effectiveness with these families through presentation, discussion and interactive activities.

BHV, EHV, BPE, EPE

DS 3, 5, 6

## 6a. Let's Make Learning Fun!

Bev Schumacher, Learning Props

Engaging families in active learning is the most effective learning experience. Recent research supports this statement. When we work with families, are we introducing them to play-filled learning? We will look at low-cost activities that avoid the "worksheet approach to learning". During this institute participants will have the opportunity to consider experiences that engaged them as learners and experience activities to use in serving families and supporting them as the child's first teacher. Participants will leave this institute with activities that they can implement in working with families. Come to this session ready to be an active learner.

BHV, EHV, BPE, EPE

DS 1, 2, 3 M 1

Enrollment Limit: 50 Participants

## 7a. Working Together to Improve Oral Health

Lisa Bell, RDH, MPH, State of Wisconsin Division of  
Public Health  
Diane Flanagan, RDH, Children's Health Alliance of  
Wisconsin

Tooth decay is the most common preventable disease of childhood. Participants will gain an understanding of the oral disease process, the intricate connection between oral health and overall health, and how to promote healthy children and families. Includes a streamlined oral health "tool kit" for use with children and families that includes hands on interactive educational activities, oral health supplies for demonstration, and information on accessing dental care for lower income families and children enrolled in BadgerCare.

E DS 1, 3, 5, 6, 7, 8 M 1, 7

Enrollment Limit: 40 Participants

## 8a. Active Early: Promoting Physical Activity in Early Childhood

Bridget Cullen, MEd, Nutrition, Physical Activity, and  
Obesity Prevention Program, Wisconsin Department  
of Health

Physical activity habits develop early in life. Help the families you work with develop and support healthy physical activity with their children. This institute will provide an overview of critical youth health issues, the community's role in young children health and wellness, and factors that may influence how communities approach young children's physical activity and wellness. Participants will learn basic movement concepts, explore programming possibilities, and discuss resources and strategies for engaging others.

BHV, EHV, BPE, EPE

DS 1, 5

## 9a. Managing Threatening Confrontations

Paul White, Community Training and Consultation  
Program, Waisman Center, UW-Madison

This institute is designed to assist participants in learning how to effectively deal with situations when behaviors of the child or parent are escalating. These moments often appear chaotic – so it's important to understand when to talk, when to step back, who to call for back up, and "when to duck". This institute is designed to help bring order to the chaos by assisting the provider in developing realistic action plans for a variety of situations.

BHV, EHV, BPE, EPE

DS 3, 4 M 1



# March 17 Half Day Training Institutes - 1 pm - 4 pm

Please note: this year some Institutes are ½ day while others are full day. If you choose an afternoon Institute on this page, also choose a morning Institute from page 10.

## 5b. Healing from Trauma: How Home Visitors Can Help

Elizabeth Hudson, LCSW, Wisconsin Department of Health Services, Division of Mental Health and Substance Abuse Services  
BethAnn Burazin, PSS, United House

Trauma can affect many aspects of a child's and family's life; so much so that it often takes a team of providers and caregivers to facilitate recovery. The first important step in healing often falls to home visitors who are charged with the task of joining and strengthening the family. This institute will provide information about the impact of trauma, and basics in providing support to the children and caregivers.

BHV, EHV, PM, S

DS 1, 2, 3, 4, 5 M 1

## 6b. Supporting the Young Child's Sensory System

Terri Enters, MS, Wisconsin Alliance for Infant Mental Health

Young children learn through their sensory system. Participants will explore the human sensory processing system through the theory and practice of Sensory Integration. Learn how to support individual children by providing environments that support the young child's body, brain and social emotional development. We will look at children's most frequent disruptive behaviors like biting, hitting, screaming, not sleeping and begin to understand which sensory processing disruptions are affecting them. Participants will leave this institute with a list of activities and techniques that will help organize children's behaviors and help them make sense of their world.

BHV, EHV, BPE, EPE

DS 1, 3, 4

## 7b. Learning Your ABCs: Helping Families Apply for BadgerCare+

Michael Jacob, MPA, Covering Kids and Families  
Jean Nothnagel, MS, Covering Kids and Families

Children who have adequate health care are better prepared to engage in their educational and developmental environment. Quality, affordable health insurance coverage is often a critical element to having access to adequate care, yet 86,000 Wisconsin children continue to lack coverage for at least part of the year. In 2008 Wisconsin legislation expanded eligibility for BadgerCare+ such that virtually all children in Wisconsin are eligible. Institute participants will become familiar with BadgerCare+ program information and fact sheets to help clarify enrollment, care coverage and costs, if any, for families; will be able to access and customize BadgerCare+ promotional materials with local resources to inform families about BadgerCare+; and be able to assist families in applying for BadgerCare+ or provide guidance for families to complete applications using electronic resources. Supervisors will be able to use the training tools developed by Covering Kids & Families (CKF) for staff training in assisting families apply for BadgerCare+.

PM, S, CP

DS 5, 7 M 2, 7

## 8b. Nutrition and Fitness of Young Children

Karen Apitz, Parents Plus, Inc.  
Trudy Ranallo, Parents Plus, Inc.

Explore how to share and integrate nutrition and fitness information into your existing work with families. The Parents as Teachers Professional Development Training "Nutrition & Fitness for Young Children" includes information, materials, and strategies for educators and home visitors focusing on three areas: nutritional needs; eating behaviors; and fitness and physical development for five age ranges from Birth to 36 months. This is information families are "hungry" for, no pun intended.

BHV, EHV, BPE, EPE

DS 1, 5

Enrollment Limit: 30 Participants



## Link to Online Registration!

# General Information

## Dates:

March 16, 2011 – Nicole Lynn Lewis keynote & workshops  
March 17, 2011 – Full Day or Half Day Institutes

## Location: Kalahari Resorts, Wisconsin Dells, WI

Kalahari Resorts feature beautifully appointed African-themed guest rooms and suites, decorated with authentic imported artifacts. For more than just a place to lay your head, please check out [KalahariResorts.com](http://KalahariResorts.com) for information on great packages. Daily waterpark admission is included for all registered hotel guests. Kalahari offers universal access rooms. Please let Kalahari know how they can best help you arrange your stay.



## Registration Fees:

	By Feb. 22, 2011	After Feb. 22, 2011
March 16 (Workshops only)	\$125	\$150
March 16 Home Visitor Networking at 4 pm	\$ 5	\$ 5
March 16 Yin Yoga at 7 pm	\$ 5	\$ 5
March 17 (Institutes only)	\$100	\$125
March 16 & 17 (Both days)	\$200	\$225

The registration fee includes instruction, materials, lunch, breaks, and CEUs. Institutes and workshops can fill quickly. Register early!

**Cancellation Policy:** If you cancel your registration 10 working days prior to the conference (Wednesday, March 2, 2011), you will receive a refund less a \$25 administration fee. Confirmed registrants who cancel less than 10 working days prior to the program are responsible for the entire fee. When you cancel your registration by phone, please note the cancellation number. Substitutions from the same agency are permitted.

**Lodging:** A block of rooms are reserved at **Kalahari Resorts**: \$70 single and \$119 double, triple or quad, plus tax. The rooms will be held until **Sunday, February 13, 2011**. Reservation requests made after this date will be reserved on a space and rate available basis. For reservations call **Kalahari Resorts** at 877-253-5466 and ask for the the "Fulfilling the Promise" room block.

**Continuing Education Units:** Attendance at this conference earns .5 (5 hrs) University of Wisconsin-Extension continuing education units (CEUs) for each day attended.

**Registration and Confirmation Information:** Please contact Gloria at the Pyle Center at 608-265-2955. You will receive written confirmation of your registration. If you do not receive confirmation please call Gloria.

**Conference Information (other than registration):** Please contact Kären Miskimen at 608-262-1411 or 888-391-4255 or by email at: [karen.miskimen@ces.uwex.edu](mailto:karen.miskimen@ces.uwex.edu)

## Ways to Register:

1. Complete and mail the following registration form and check/money order made payable to **UW-Extension** to: Fulfilling the Promise, The Pyle Center, 702 Langdon St., Room 139, Madison, WI 53706
2. Fax registration form to 608-265-3163 if paying by purchase order or Mastercard/Visa/American Express.
3. Call Gloria at 608-265-2955 to register if paying with credit card.
4. Link here to [Register Online](#) or find the link at [www.uwex.edu/ces/flp/conference](http://www.uwex.edu/ces/flp/conference).

# Fulfilling the Promise 2011 Registration

Name: \_\_\_\_\_ Position/Title: \_\_\_\_\_

Agency/Company: \_\_\_\_\_

Agency/Company Address: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please help us reduce future mailing costs and keep this conference affordable for all by providing us with an e-mail address.

Special Needs (i.e. vegetarian, accessibility/mobility needs, etc.): \_\_\_\_\_

**March 16, 2011 Workshops:** Please list workshop numbers in order of preference.

	1st	2nd	3rd
Workshop Session A	_____	_____	_____
Workshop Session B	_____	_____	_____
Workshop Session C	_____	_____	_____

**March 17, 2011 Institutes:**

Please choose ONE full-day institute or TWO half-day institutes (review pages 9-11 of brochure for listing of institutes), and indicate first and second choices. If you have questions, call Kären Miskimen at 608-262-1411 or 888-391-4255.

First Choice: \_\_\_\_\_ Second Choice: \_\_\_\_\_

choose ONE full-day institute or TWO half-day institutes for each choice

	Before/on Feb. 22, 2011	After Feb. 22, 2011	Total
March 16, 2011 (workshops only)	\$125	\$150	_____
March 16 Home Visitor Networking at 4pm	\$ 5	\$ 5	_____
March 16 Yin Yoga at 7pm	\$ 5	\$ 5	_____
March 17, 2011 (institutes only)	\$100	\$125	_____
March 16 & 17 (both days)	\$200	\$225	_____
		<b>Total Due:</b>	_____

**Payment Method:**

- Check or money order made payable to **UW-Extension**  
 Purchase order  
 Mastercard       Visa       American Express

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_