Have you noticed that people in many fields besides our own are talking about ACEs and resilience? For many years we have had to push that boulder uphill but these days people in health care, people in the courts, local and state office holders, and even people out in the public know what we are talking about when we talk about ACEs and resilience. I am not saying our awareness work is done but the boulder is starting to roll downhill.

New research is telling us what I think we’ve always believed: Positive childhood experiences based in protective factors are the antidote to adverse experiences. Our keynote this year is by Dr. Bob Sege, MD who is a lead author of a landmark paper called Balancing ACEs with HOPE: Health Outcomes from Positive Experiences. We will be among the first to learn new tools for promoting HOPE that Dr. Sege and his team are developing in the next few months.

As the Centers for Disease Control and Prevention has been telling us for the last few years, preventing child abuse and neglect and serious family dysfunction will require a variety of strategies across the entire socio-ecological continuum from individual and family work to community and public policy efforts. We will be introducing some of those strategies in workshops and will end the Institute with a panel of parents who have experienced homelessness and housing insecurity. Parenting is never easy but add to that the struggle of living in a shelter or a car. We will learn something about dealing with that and what helped them find stability in their lives.

Several of the workshops will focus on models of how we do our work with fathers, with gang connected teens, in frontier communities. We will explore some efforts to connect our prevention work statewide. I hope you will find many things that will strengthen your work. When participants tell me that they have a hard time choosing between sessions, that makes me happy. None of our workshops are bad. I hope you have a hard time choosing!

I look forward to seeing you at our 21st annual training conference in March. It will only be great if you are part of it!

– Roger Sherman,
Executive Director
Our annual two-day conference brings together over 200 child advocates, prevention practitioners, educators, and parents from throughout the state to Boise to learn about best practices for preventing child abuse and neglect. The 21st annual Strengthening Families Training Institute is sponsored yearly by the Idaho Children's Trust Fund, which is also the state affiliate of Prevent Child Abuse America. The conference brings together well-known national and local professionals whose expertise covers issues related to strengthening and supporting families. The conference will culminate in an awards ceremony where several organizations will be commended for their contributions to preventing child abuse and strengthening families in their communities.

This year's conference offers professionals the opportunity to earn up to 9 Continuing Education Units (CEU’s). There are also clinical CEU’s available in each session.

**TUESDAY, MARCH 17, 2020**

- 8:00 am.................. Registration (coffee, beverages, continental breakfast)
- 8:45-9:00 ................. Welcome, Introductions and Housekeeping
- 9:00-10:15 ............... Keynote Address
- 10:15-10:30 ............. Break
- 10:30-noon .............. Community Workshop (all attend)
- Noon-1:00 ............... Lunch
- 1:00-2:30pm .......... Workshop Session 1
- 2:30-2:45 ............... Break (snack)
- 2:45-4:15 .............. Workshop Session 2

**Dinner on your own**

**WEDNESDAY, MARCH 18, 2020**

- 8:00 a.m.................. Registration (coffee, beverages, continental breakfast)
- 8:45—9:00 ............... Welcome Back and Reflections
- 9:00—10:30 ............. Workshop Session 3
- 10:30—10:45 ........... Break (snack)
- 10:45—12:15 .......... Workshop Session 4
- 12:15—2:30 ............ Capnote Luncheon: Presentation of Ed Van Dusen Award, Pinwheel Awards and a panel of “Parenting Without a Home”
KEYNOTE ADDRESS: TUESDAY, MARCH 17

Balancing ACEs with HOPE

Robert Sege, MD, PhD

Robert Sege, MD, PhD, directs the Center for Community-Engaged Medicine at the Institute for Clinical Research and Health Policy studies at Tufts Medical Center, and is a Professor of Medicine and Pediatrics at Tufts University School of Medicine. Dr Sege led the Division of General Pediatrics and Adolescent Medicine, before he joined Boston Medical Center in 2008. Dr. Sege is nationally known for developing health systems approaches to preventing child abuse and neglect by better supporting families. He is a Senior Fellow at the Center for the Study of Social Policy in Washington and serves on the boards of the Massachusetts Children’s Trust and Prevent Child Abuse America. He has served on the American Academy of Pediatrics’ Committee on Child Abuse and Neglect. He is a graduate of Yale College, received his PhD from MIT and his MD from Harvard Medical School, and is board-certified in Pediatrics and Child Abuse Pediatrics.

Dr. Sege’s keynote will focus on the impact of Positive Childhood Experiences (PCEs) in preventing or mitigating the impacts of ACEs. The journal articles on HOPE, which stands for Health Outcomes from Positive Experiences, that he co-authored, are forming the basis for new approaches in prevention of child maltreatment.

Following the keynote, Dr. Sege will lead a workshop for all participants to demonstrate new tools for teaching about HOPE.

CAPNOTE: WEDNESDAY, MARCH 18

Parenting Without a Home

We have a housing affordability crisis in many parts of Idaho that has put more pressure on families trying to make ends meet. Housing instability and homelessness make a hard job—parenting—even tougher. As we close the conference we will meet some families who have been homeless in the past. They will share their experiences and what made a difference in their lives as they made their journey towards greater stability for themselves and their children.

The Series: Over the past few years we have been exploring the lives of parents and families by ending our annual institute with authentic voices of parents and children from a variety of angles. We’ve had foster care alumni whose experiences have enlightened our thinking about family, birth parents who’ve dealt with child welfare, parents and children who have arrived in Idaho as refugees and fathers facing a variety of challenges in their own childhoods and as adults.
The Ed Van Dusen Legacy Award for Exemplary Practice in Child Abuse and Neglect Prevention, or the Ed for short, is presented each year to a program or person nominated by the prevention community and selected by the Idaho Children’s Trust Fund Board of Directors. Last year the award was presented to the Mahoney House in Salmon, Idaho in recognition of their incredible work on youth empowerment, community engagement and parent education. We will also present Pinwheel Awards to organizations and individuals whose work during the year has advanced prevention and enhanced the lives of children.

The awards will be presented at the luncheon on day 2 of the conference.

The details: Each of the seven judicial regions of the state has a designated Prevention Month coordinator who handles the majority of pinwheel orders for that region. If you would like to order pinwheels and want the contact number for your coordinator, contact Taryn Yates at taryn.yates@ctf.idaho.gov.
# Institute Schedule

## Tuesday, March 17, 2020

<table>
<thead>
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## Session 1: Tuesday, 1:00—2:30

### 1A: Dad Speak: Simple Moments in Fatherhood and Co-Parenting Logic

William Strength and Nathan Johnson

This session will focus on discussion of fatherhood initiatives, the benefits of building strong relationships between father and child, and the simple solutions that can be utilized to accomplish those goals. The presenters will also explore the difficulties and stresses involved with co-parenting, and the negative and positive effects that can occur and how they can affect children within these family units. Born into a broken home filled with violence and neglect, with very little fatherhood involvement, William grew up with zero fatherhood skills. It was Head Start’s Male Involvement Initiative that helped him to gain the skills and confidence to become a better father, and to create Dad Speak, an organization dedicated to helping fathers become great Dads.

### 1B: Building Resiliency

Kaylee Farrell

Expand your resiliency tool box by reflecting on the relationship you have with yourself, and the importance of connecting a positive self-image to your goals and interpersonal relationships. This workshop will give you a chance to participate in an activity that The Teen Outreach Program has shared with teachers and students throughout the Treasure Valley to combat stress, build healthy relationships, and strengthen positive interpersonal values.

### 1C: Preventing Child Sexual Abuse: Facts, the Why, & get Engaged!

Shannon Fox, Heather Kemp, MBA and Katie Simmons

Come and learn with Northern and Southeastern Idaho organizations that are using the Stewards of Children training to help prevent child sexual abuse. These organizations will explain how they used similar models of community outreach to bring community members together in preventing sexual abuse. They will also use this time to explain their “why” as this is a critical part to understanding the mission of a community based prevention program. You will also get the chance to work together to understand where your community sits in preventing sexual abuse by participating in a capacity building activity for prevention. You won’t leave without a renewed understanding about how to bring effective prevention to your community!

### 1D: The Power of Security: How Adult Attachment Impacts Parenting

Janelle Stauffer, LCSW

Janelle is a psychotherapist and attachment specialist with a practice in Nampa, Idaho. In this workshop she will examine the importance of early attachments in building future relationships as well as the three generations of attachment—how a parent’s attachment to THEIR parent can be predictive of kind of attachment they will develop with their children as well as how parents can empower themselves to mitigate the transmission of insecure attachments through compassion and insight. This workshop will be valuable to service providers who work with families and parents alike.
Session 2: Tuesday, 2:45—4:15

2A: Breaking Chains: Because Every Kid Needs Adults Who Care
Luis Fernando Granados
All kids need a caring adult and a chance to make mistakes in order to succeed in life. The Breaking Chains Academy of Development in Nampa provides that opportunity by providing youth who are at-risk of gang involvement with alternatives to a gang lifestyle. Breaking Chains provides one-on-one mentoring to help navigate and educate youth on the importance of education and the realities of addictions, gangs, etc. Also, through the mentoring process they train youth to use the mentoring skills they have acquired to become mentors themselves and productive leaders in their communities. This workshop will focus on how the Academy got started, how it engages with youth and the community, challenges and successes and lessons learned from their experience.

2B: Prevention & Isolation: Parenting Groups in Rural Communities
Josie Hurley
Family Strengthening groups have measured participants’ Adverse Childhood Experiences (ACES) and the Strengthening Families Five Protective Factors in Mountain Home, Caldwell, and Boise. We know that when parents have a score of four or more than they are more likely to engage in unhealthy practices. Family Advocates movement to prevent ACEs is to increase the Five Protective Factors for families, involve communities to prevent further ACEs in their children, and implement positive parenting practices to someday end child abuse and neglect. How do we as a state decrease child abuse and neglect in Idaho and especially in rural communities? Explore common myths of rural communities and the similarities and differences between Boise and smaller towns within Idaho. Learn about rural resources and join in a discussion of the value of local influence. How do rural communities come together to broaden the reach to more families and individuals in isolation? What other resources are available to rural communities and how can we work together to increase families Five Protective Factors?

2C: The Role of Public Libraries and Community Partnerships in Strengthening Families: Books are Just the Beginning
Audra Green, MLS and Jennifer Redford, MLS
Most communities in Idaho have access to library services and recent research suggest that libraries are one of the most trusted institutions in a community. Libraries have a role to play in building social infrastructure, addressing gaps in services, and facilitating community connections. Libraries are an invaluable resource for families and opportunities exist for community groups to work with libraries to reach more people and strengthen families across Idaho. In this workshop we will think creatively about community connections, discuss useful partnerships and explore opportunities in your community within a strengthening families’ framework.

2D: Can you Feel It: Social and Emotional Competence and HOPE Conquers ACES
Kristen Bonnett and Holly Whitworth
Social and emotional competence has been identified as an integral part of one’s overall health and ability to bounce back from Adverse Childhood Experiences (ACES). This interactive session will explore how Idaho’s HOPE Conquers ACES Initiative addresses the skill of building social and emotional competence for families and young children. Participants will have an opportunity to explore the HOPE Conquers ACES tools, be introduced to activities that can be used to facilitate social and emotional competence and recognize how social and emotional competence in our own lives affects the work that we do.
WEDNESDAY, MARCH 18, 2020

8:00 a.m. Registration (coffee, beverages, continental breakfast)
8:45–9:00 Welcome Back and Reflections
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10:30—10:45 Break (snack)
10:45—12:15 Workshop Session 4
12:15—2:30 Capnote Luncheon: Presentation of Ed Van Dusen Award, Pinwheel Awards, and a panel discussion: “Parenting Without a Home”.

Session 3: Wednesday 9:00 –10:30

3A: The Connection Practice—a Practical and Effective Way to Solve, Heal and Prevent Conflicts
Ayako Nozawa, Ed.D., MA

The Connection Practice (CP), taught at the United Nations-mandated University for Peace in Costa Rica, is a holistic way to develop social-emotional skill to resolve and heal as well as prevent conflicts so that we can enrich relationships with others and within ourselves, utilizing our innate heart intelligence. It has been introduced to 1,500 teachers and 10,000 elementary school students in Costa Rica with positive outcomes, and is now spreading throughout North America, Asia and Europe. This workshop will focus on: 1) an introduction of CP; 2) applications of CP in education and social work; 3) hands-on experience of CP; and 4) discussion on how this skill can be used to help children.

3B: Ethical considerations of an Asset-Based Framework to Empower Families
Alex Zamora, Ph.D., LCSW; Jessica Lecertua, LPC; and Jana Mansfield, LMSW

Many helping professionals are referred to families and clients amid a personal crisis. Through the lens of the struggle, many options may seem bleak and unmanageable. Nevertheless, as helping professionals, our ethical obligations are many, including promoting autonomy and non-maleficence. These ethical guidelines mandate an asset-based framework for practice; as anything less may perpetuate deficit-based responses. In this workshop, participants will explore practitioners’ ethical obligation to centralize clients’ internal and external assets in goal-setting and supports. From this perspective, practitioners are well equipped to align with clients/client-systems as they navigate systemic and personal challenges with resilience. Participants will explore how to develop asset-based strategies through case examples, discussion and reflection; and will be equipped to empower clients to move toward a more grounded path of self-trust and reliance.

3C: Public Policy Can Prevent ACEs
Marian Woods, LCSW, Christine Tiddens, LMSW, Martin Balben & Roger Sherman, moderator

In its recent publication on Preventing Adverse Childhood Experiences, the Centers for Disease Control and Prevention (CDC) addresses several strategies that will require changes in public policy. The CDC tells us that we need family friendly policies that ensure a strong start for children and add to economic security for families. Panelists will address the importance of the Family First Prevention Services Act, Medicaid expansion, home visiting and early childhood education programs in preventing child abuse and neglect.

3D: Idaho Resilience Project: Hope Lives Here
Jean Mutchie, MBA, Shannon McGuire and Shannon Decker

Adverse Childhood Experiences (ACEs) are far too common and can have wide ranging health and social consequences. But adversity doesn’t have to be predictive. The Idaho Resilience Project is a collaborative of partners and organizations committed to building a statewide system of support to ensure Idahoans can thrive in the face of adversity. We will discuss how awareness and education, prevention and resiliency focused strategies, healing and coping strategies and community support can align to build resilience and generate hope in people, places and communities.
Wednesday, March 18, 2020

Session 4: Wednesday 10:45—12:15

4A: Self-Care IS Strengthening Families
   Julie Meek, LCSW

Join Julie for her 4th consecutive year presenting at SFTI on the importance of embodied and active self-care. This year we will be working together to reignite your passion for yourself as an instrumental agent of positive change and support in our community. New or alumnus attendees to SFTI’s self-care workshops welcome. This workshop will be experiential, informative, practical, and interactive.

4B: Sharing is Caring: How to share your knowledge of ACES, human development and the power of positive experiences with families
   Jane Zink, MA

Your knowledge of ACES, toxic stress and the healing power of PCEs keeps growing and growing. It supports your professional practice. How do you share this same information with families so that they can grow in their role as parents and guardians? Inviting conversations about these areas of human development can feel intimidating and awkward. Join this session to learn how to capitalize on your unique relationship with parents to share information every parent should know.

4C: Human Trafficking Awareness and Prevention
   Jennifer Zielinski, BA and Paula Barthelmess, LCSW

Learn more about the role you play in preventing human trafficking in Idaho with the resources and information from the Idaho Anti-Trafficking Coalition. This workshop will give you tools to use and share with others in an effort to identify children who are at risk and could fall prey to becoming a victim of sex trafficking in Idaho.

4D: ACEs Screening in Primary Care
   Tom Patterson, MD and Alicia Suski, MD

Drs. Suski and Patterson have led efforts in Idaho to pilot a project among physician offices statewide to screen new parents on their ACEs and resiliency scores—usually at the four month well child visit. Physicians can then refer parents to appropriate services to help them deal with their own ACE history. By talking to parents early in their parenting journey, physicians can play an important role in preventing abuse and neglect. The presenters will review current protocol for ACES and resiliency screening, share case studies and summarize current findings and referrals.

12:15 pm – Lunch will include presentation of the Ed Van Dusen Award, the Pinwheel Awards and a panel discussion: “Parenting Without a Home”.

2:30 pm – Closing
THE RIVERSIDE HOTEL

The Riverside is a 304-room convention hotel located along the banks of the Boise River in Garden City and offers free on-site parking, two restaurants, and the Sapphire Room bar which offers live music. Guests enjoy conveniences such as free on-site parking, business center, guest marketplace, room service and on-site bicycle rental. All rooms feature one King bed or two Queen beds, individual climate control, flat screen television, free wireless internet, coffee maker, down bedding and more.

The Riverside Hotel is conveniently and centrally located in Garden City – a city within Boise - just off the connector at 2900 W Chinden Blvd., Garden City, Idaho.

Shuttle from the Airport: With a simple call to the front desk (208) 343-1871, their Courtesy Airport Shuttle will take you directly from the airport to the hotel located approximately 15 minutes away.

BOOKING YOUR LODGING

The RIVERSIDE HOTEL is holding a discounted block of rooms for Strengthening Families Training Institute guests. Please call the hotel at 208-343-1871 by February 24, 2020. Mention that you are attending SFTI to reserve your room at the special room rate of $137.00 per room.
REGISTRATION

REGISTRATION RATES:

<table>
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<th>REGISTRATION TYPE</th>
<th>EARLY-BIRD: UNTIL 3/2/20</th>
<th>REGULAR RATE</th>
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<tbody>
<tr>
<td>Full 2-Day Conference</td>
<td>$125.00</td>
<td>$145.00</td>
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<tr>
<td>One Day Only</td>
<td>$80.00</td>
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<td>$100.00</td>
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<tr>
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<td>Workshop Presenters, ICTF Board/Staff,</td>
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<tr>
<td>Scholarships</td>
<td>Complimentary</td>
<td>Complimentary</td>
</tr>
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ACCESS ONLINE REGISTRATION:

Everyone who is attending must register for the conference through ACCESS: our online registration portal. To register: go to www.idahochildrenstrustfund.org and click on Training > Registration.

GROUP: If you are part of a group, it will require the names of everyone in your group, each person’s selection of 4 workshops, and a payment method to complete the registration. Make sure you have collected all this information before registering.

PAYMENT METHODS

Your online ACCESS registration will only be completed when you have chosen a payment method. Here are the types that are accepted:

- You can pay via a credit or state-issued P-Card through the ACCESS site.
- We can invoice your agency for payment:
  * You must choose this method if you are a group of 10 or more: please select “Group (10 or more) Invoice Agency” or
  * If you are an individual or individuals under the 10 person “group” threshold, select “Individual Invoice Agency”
- If you are an Idaho Department of H&W employee, select “DHW Employee/PCA Transfer” > The system will prompt you to have us invoice your department or if you want to do an interagency transfer, it will prompt you for your PCA code.

Please call the Idaho Children’s Trust Fund office with any questions:
(208) 386-9317 or email lori.dicaire@ctf.idaho.gov