

JOIN US FOR THE

25th Annual Statewide Training Event

MARCH 27-28, 2024 – JUMP • DOWNTOWN BOISE



STRENGTHENING FAMILIES

TRAINING INSTITUTE

It Takes a Whole Community

January 2024


The more we learn about the roots of ACEs and especially child abuse and neglect, the clearer it is that our focus needs to be on shaping communities that support families. Towards this end, our keynote speaker this year will be Jeff Todahl with the 90 by 30 Project at the University of Oregon. For the last several years, the 90 by 30 project has been working to reduce child abuse and neglect in Lane Co., Oregon by 90% by 2030 through building community interventions. I cannot wait to hear how concentrating efforts in one place can show us how to do the work at scale.

We will also be looking at how other community-based efforts are making a difference in Idaho already. We will hear how the Community Schools Strategy is transforming neighborhood schools into neighborhood-based family and student resource hubs for the whole community

surrounding them. There is also community-based work being developed in Idaho based on the Icelandic Prevention Model. This work is focused around increasing relationships between youth and adults to increase social connection and decrease isolation that may lead to negative outcomes. Our closing panel this year will focus on relatives raising the children of their own children or other family members. This is such an important role but these caregivers are often not well supported when they take it on. I hope we will learn more about how we can support them.

As you read through the workshop offerings, I hope you will find plenty of things you'd like to learn about.

I look forward to seeing you at the 25th annual Strengthening Families Training Institute!

 – Roger Sherman, Executive Director



CONFERENCE AT A GLANCE

This year's conference offers professionals the opportunity to earn up to 9 Continuing Education Units (CEU's)

WEDNESDAY, MARCH 27, 2024

- 8:45-9:00Welcome, Introductions and Housekeeping
- 9:00-10:30Keynote Address: The 90by30 Initiative-Child Maltreatment Prevention:
One Community, One Goal, presented by Jeff Todahl, Ph.D.
- 10:30-10:45Break
- 10:45-12:15Plenary Workshop: Jeff Todahl
- 12:15-1:15Lunch and Networking
- 1:15-2:30Workshops Session 1
- 2:30-2:45Break
- 2:45-4:15Workshops Session 2
- Evening Presentation: TBD

THURSDAY, MARCH 28, 2024

- 8:45-9:00Welcome Back and Reflections
- 9:00-10:30Workshops Session 3
- 10:30-10:45Break
- 10:45-12:15Workshops Session 4
- 12:15-2:30Awards Luncheon and Closing Panel

*All times are listed in Mountain Standard Time

PLENARY SESSIONS

DAY ONE KEYNOTE:

The 90by30 Initiative

Child Maltreatment Prevention: One Community, One Goal

WEDNESDAY, MARCH 27



Jeff Todahl, PhD

The keynote will describe Lane County, Oregon's "90by30 Initiative," an 11-year ongoing effort with one aspirational goal – a 90% reduction in child abuse and neglect in one U.S. county. Jeff Todahl, 90by30 co-founder and director, will outline Lane County's process of community engagement, core beliefs and strategies, successes, challenges/barriers, and key lessons learned. This keynote will include evaluation efforts, a recent 10-year retrospective, and current shifts underway. The presentation will emphasize reasons for optimism, a role for inclusion, and will encourage participants to acknowledge and celebrate Idaho's efforts as we look ahead to next vital steps.

Jeff Todahl, PhD, is an Associate Professor in the Counseling Psychology and Human Services Department at the University of Oregon and Director of the MS Degree in Counseling. He is Director and Co- Founder of the UO's Center for the Prevention of Abuse and Neglect and the 90by30 Initiative.

His research centers around violence prevention, community-level protective factors, and community engagement as a vehicle for reducing child abuse and other forms of interpersonal violence. He is currently measuring child abuse and neglect rates in Oregon (Oregon Child Abuse Prevalence Study), has partnered with the University of Kentucky and 24 U.S. universities to evaluate sexual assault bystander prevention effectiveness, and works actively with The Ford Family Foundation on an Oregon-wide evaluation of Protect Our Children (sexual abuse prevention), and with dozens of Oregon schools and districts in a trauma informed and child well-being initiative, and Lane County's local effort to reduce child maltreatment. He is active in the community, including for example service on the Board of Directors for Womenspace, Ophelia's Place, the Trauma Healing Project and on the Kids First Safe Alternatives Center Advisory Committee. He contributed to the Oregon Safety- Focused-High Conflict Parenting Plan Workgroup, the Oregon State Regional Judicial Training on Domestic Violence and on the Womenspace Community Engagement Project, and LC Prevention and Wellness Fund Advisory Committee.



PLENARY SESSIONS

ALL-INSTITUTE WORKSHOP: 10:45-12:15

Following the keynote there will be an all-Institute workshop to continue to develop plans for how you could implement a similar approach where you live. What if we could really prevent 90% or –let's think even bigger—100% of child abuse and neglect? They call that a BHAG for a big hairy audacious goal.

Attendees will have the opportunity to engage in small group discussions to share ideas and experiences and will leave with some BHAGs of their own to build communities focused on child-wellbeing.

WEDNESDAY EVENING: NETWORKING OPPORTUNITY

Let's get together to share some ideas and discuss some issues important to the field. Look for more details later but plan to attend.

DAY TWO CAPNOTE:

We are family

THURSDAY, MARCH 28

We will close this year's SFTI with a facilitated panel of relatives raising their grandchildren or their siblings' children that will highlight the challenges families face today and what they wish others knew to help better support them and their needs.

According to Generations United, more than 2.5 million children across the U.S. are raised in grandfamilies (also known as kinship families). A national statistic from the Annie E. Casey Foundation reflects that 1 in 11 children will live in kinship care at some point before turning 18. These are families in which grandparents, other adult family members, or close family friends are raising children, with no parents in the home. The parents are not caring for their children for many reasons, including parental substance use, incarceration, military deployment, severe disability, deportation, teenage pregnancy, or death. When children cannot remain in their parents' care, research shows they do best in grandfamilies.

Despite the crucial role grandfamilies provide for the children in their care, grandparents and other relatives often do not have access to the critical supports and services they need. Grandparents and other relatives often become caregivers to their relative children with little to no warning. They are usually unaware of what supports and services are available to them or face obstacles in accessing supports and services.

WORKSHOP SCHEDULE

Session 1: Wednesday, March 27

1A: Child Sexual Abuse Prevention: Oregon Communities Mobilizing for Change

Jeff Todahl, Ph.D.

This workshop will describe Oregon's "Protect Our Children" (POC) Initiative, a 9-year rural-led effort to prevent child sexual abuse statewide. With now nearly 45,000 Oregon participants, POC includes the Stewards of Children Training, additional modules, and a web of intentionally localized efforts, each contributing to a shared vision for primary prevention. We will highlight key lessons learned from this statewide mobilization effort, impact from a comprehensive and ongoing 7+ year evaluation, and POC's next phase including emerging new curriculum and strategies to align multiple violence prevention efforts more intentionally.

1B: "Everything I needed to know about Protective Factors I learned from..."

Amanda Mills

The Protective Factors can show up in the most unexpected places. For me it's Crossfit; for my son it's Dungeons and Dragons. With so much uncertainty, disruption of routine, and social isolation in the world today, it is important for families to find ways to remain connected and stay on a path to happy, healthy lives. In this workshop we'll identify how and where the Protective Factors are evident in our lives and how we can use everyday opportunities to promote them. We will focus on building both individual and community resilience. And finally, we will discuss practical strategies that individuals, families, organizations and communities can use to build the protective factors and thrive in the midst of life's challenges.

1C: Leveraging Culture for Stronger Native Families

Lilly James and Andre Picard

Explore the transformative power of how cultural roots strengthen Native American families against challenges, promoting unity and pride. Join the Nez Perce Tribe Child Support Program in this immersive workshop that explores into the heart of Native American cultures, revealing the interconnected web of communal support and cultural practices that serve as powerful tools for preventing child abuse and fostering resilience within families. We collectively explore the strength within Native American communities, utilizing cultural practices to cultivate pride, enhance family togetherness, and create a vision of resilient families and united communities!

By the end of the workshop, participants will be equipped with practical knowledge, resources, and a deeper understanding of how cultural practices can be harnessed to prevent child abuse and strengthen Native American families.

1D: Strengthening Communities through the Community School Strategy

Hayley Regan and Brooke McNurlin, MSW

The Community School strategy is creating lasting change for students and families by coordinating resources and partnerships through local schools to increase family stability and expand opportunities for students. Students often face barriers outside the classroom that make it difficult for them to be successful inside the classroom. By finding the right partners to help address these barriers, children and families are supported both inside and outside the classroom. With resources like free preschool and afterschool programs, student mentorship, dental services, mental health services, basic needs support, adult education, and more, the Community School Strategy is reimagining local schools to be a community hub where families and students are supported and empowered to achieve their goals.

1E: Trauma Stewardship

KJ Brant, MS

Secondary Trauma, also known as vicarious trauma, secondary traumatic stress, empathic strain, compassion fatigue, burnout, and emotional residue, has very real impacts. Secondary trauma takes a mental, physical, and emotional toll. If you lack a proper way to cope, secondary trauma can damage your worldview, quality of life, ability to care for others, and health. Secondary trauma can also lead you to develop emotional defense mechanisms that block your ability to empathize with and care for others. But these trauma impacts can be named and managed. Trauma stewardship is learning to care for others who have gone through trauma by learning to care for ourselves. This will then enable us to be fully present with others in their pain, trauma, and suffering without taking it on as our own. Trauma stewardship is a long-term approach to tending to our own wholeness so we can be helpful to others with our full integrity for as long as we desire.

WORKSHOP SCHEDULE

Session 2: Wednesday, March 27

2A: Data in the Real World: Planning, Implementing and Learning from Evaluation

Kim Hemmert, LMSW

Storytelling connects people. In this workshop you will learn how to use data to tell stories. You will come away from this workshop knowing the difference between outcomes and indicators, how to use logic model, understanding and evaluating measurement tools, quantitative and qualitative data analysis, and continuous quality improvement. With this information, you'll be better able to tell your prevention story, grounded in science and data!

2B: Picture Books Build Protective Factors

Jen Redford, MLS

Are you looking for a new way to help families build protective factors? Try picture books! Books can help you introduce a tough topic, illustrate behavior strategies, and tell stories about HOPE and resilience. During this workshop, we will explore different picture books that you can use to help families build protective factors. We will also discuss different ways to read a picture book to have the most impact and how to talk with children about books.

2C: Indian Child Welfare Act as the Gold Standard

Rebecca Lehman, LMSW

This workshop will briefly explore the basics of ICWA, utilizing a QEW testimony and assist in the understanding of jurisdictional sovereignty of Tribes in state courts. Education for foster care placements and caseworkers of tribal children in state licensed foster homes with the need for collaboration between tribes and states for those children will be offered. A large portion of this workshop will focus on the spirit of ICWA; the need for active effort at all times for successful reunification, the importance of culture in a family's healing journey, and what "prevention" efforts look like for children on the Nez Perce Reservation.

2D: Community-Engaged, Upstream Prevention for Youth Mental Health: The case for the Icelandic Prevention Model

Drs. Megan Smith, PhD, Ann Abbott, PhD, and Matt Isbell, PhD

Recent findings at both the national and state level here in Idaho show that youth mental health rates are an area of concern. This includes sadness, hopelessness, and suicidal ideation. While individual level prevention and intervention strategies possess strengths, they tend to take more resources, while simultaneously serving fewer people. Universal prevention approaches, aimed at community-driven change, are designed to impact more lives and sustain positive change over time. The presenters will discuss the potential of the Icelandic Prevention Model, the most successful youth substance use prevention approach in current research, for effectively addressing youth mental health in Idaho. This will include a description of the model, risk and protective factors relevant to Idaho youth, and the key barriers and successes of this work so far in Idaho. One of the key highlights of the work in Idaho so far is the way it brings communities together around a shared goal that is easy to talk about and act upon.

The presentation will conclude with ways to get involved and time for questions and answers about attendees' specific communities.

2E: "What about the Baby"? Why Early Relational Health Matters

Holly Whitworth

Learn about the unique and universal concept of Early Relational Health and why it matters to the work that we do with parents, policy makers, students, and other practitioners. This session will address research in the last five years about the essential relationship between parents and their babies and provide practical tools YOU can immediately use in the classroom, on home visits and in community spaces. This workshop will use the knowledge and experience from diverse disciplines to capture the power of human relationships and skills to promote the development, resilience, and wellbeing of young children.

WORKSHOP SCHEDULE

Session 3: Thursday, March 28

3A: Population Health Data for Idaho: The Get Healthy Idaho Data Framework

Joe Pollard

The workshop will introduce participants to the data dashboards located in the Population Health Data section of the Get Healthy Idaho website. Participants will get brief descriptions of all the dashboards available on the GHI website and learn about some of the features of the more complex dashboards. The workshop will also explore different ways the data can be used and talk about how programs and organizations are using the data dashboards currently and might use them in the future.

3B: Learning about Positive , Tolerable and Toxic Stress through the Brain Architecture Game

ICTF Staff

The Brain Architecture Game, developed by the Harvard Center on the Developing Child, is a fun and interactive tool to learn about how both positive and adverse experiences and community environments impact the developing brain from birth through early childhood. Play it for your own learning and then learn how to use it in your own community.

3C: Children's Champions in Action: Becoming an Effective Public Policy Advocate

Christine Tiddens, LMSW

As our state's greatest treasure, children and their interests should be prioritized in public policy discussions. By coming together as champions in action, we can advance smart policies that improve the health and well-being of children and ensure future generations thrive. This workshop will highlight current system and policy issues impacting Idaho's kids while also offering training on how to engage as an effective policy advocate in Idaho. Specific topics will include early childhood programs, health care coverage, and child welfare.

3D: More than the 5th Grade Puberty Movie

Sherry Iverson, BS, RN

Knowledge of sexuality and good communication skills can be important protective factors for children from toddlers to adolescents. Join Sherry in understanding basic sexual growth and development and explore ways to develop an easy conversation in a caring, accepting atmosphere. There is power of safety in helping children gain confidence, knowledge, self-esteem and reducing stress in today's challenging environment.

3E: The Art of Attachment: Nurturing Healthy Bonds with Adolescents

Janelle Stauffer, LCSW

This training will delve into the complexities of teenage relationship dynamics. Discover the foundations of attachment theory, explore the characteristics of healthy adolescent connections, and gain practical strategies to foster secure bonds. This training equips professionals with valuable insights into the challenges of adolescent attachment, providing tangible tools for communication, trust-building, and intervention. The content will enhance your understanding of the critical role attachment plays in adolescent development, empowering you to make a lasting impact on the lives of the teens you serve. Don't miss this opportunity to deepen your expertise and strengthen your ability to connect with and support today's youth.

WORKSHOP SCHEDULE

Session 4: Thursday, March 28

4A: “Don’t go it alone!” The value of discussion & consultation when navigating ethical dilemmas

Lori Watsen, LCSW (1.5 hours for ethics CEU)

All who work in human services encounter ethical challenges and dilemmas regularly as we navigate relationships with clients and service providers, set and manage boundaries, and interact with complicated systems. Too often, we work through ethical questions we face or decisions we need to make under stress and in isolation. In this workshop we will explore barriers that keep us from sharing and discussing ethical concerns with colleagues and supervisors. We will discuss strategies to address these barriers and the importance and value of consultation when navigating ethical decisions and dilemmas. Finally, we will consider how ethical decision-making models and processes can help us structure ethical discussions and consultations for effectiveness.

LEARNING OBJECTIVES

At the end of this training, participants will be able to:

- Identify barriers to sharing and discussing ethical concerns with colleagues and supervisors.
- Describe strategies for addressing barriers to ethics consultation.
- Describe how decision-making models can be used to structure ethics discussions and consultations for effectiveness.

4B: Get Healthy Idaho

Katie Lamansky, MPH and Dr. Amy Wuest

The Workshop will describe Idaho-based and locally led efforts to invest in the conditions that support health and well-being and reduce the root causes of unequal health outcomes in Idaho communities. Participants will learn how the Idaho Department of Health & Welfare, Division of Public Health is investing in local efforts to address the unique social, economic, and environmental factors that prevent people from being as healthy as possible. The United Way of Southeast Idaho will share how their Get Healthy Idaho community health collaborative used data and community voices to identify health needs and develop an action plan that addresses Bannock County’s most pressing health issues using a unique community-led, collaborative approach. Participants will also have a chance to explore how Findhelpidaho.org is improving access to health resources across the state.

4C: Assessment Centers: Year 2

Holly Walund

Highlighting the new services for youth in Idaho, we will discuss the Youth Assessment and Crisis Centers after a year of operation: how they are working, what role they are playing in the community and how they are working with youth and families. Please join to tell us what your experience has been interacting with the centers.

4D: The Resilient Schools Project

Katie Francis, M.Ed, Ed.S.

The Resilient Schools Project is an evidence-informed and comprehensive systems approach to establishing a culture of resilience and trauma informed practices in K-12 school buildings and districts nationwide. The goal is to equip school professionals with knowledge, training, and support to foster resilience in children. No one professional can support an entire system alone. Moreover, systems change requires careful planning to implement impactful measures. Training involves helping all school staff (from the bus driver who brings the child to school, to the teachers, administrators, and support staff the child sees throughout their school day), to view student behaviors through a trauma-informed, resilience-focused lens. This means recognizing every student’s strength and potential regardless of whether their behaviors fall short of expectations, and to view challenging behaviors as a clue to the child’s unmet needs.

4E: New Stewards for a New Generation: Putting it into practice

Cathy Carmen, MSW and Taryn Molitor

In this workshop, Taryn and Cathy will overview the new Darkness to Light’s Stewards of Children Sexual Abuse Prevention Training, released in April 2023. We’ll consider what’s new, the updated data and how it’s more trauma-informed for both facilitators and participants. Then we’ll offer a brief Bystander Intervention training to give participants a sense of how the 5-Steps to preventing child sexual abuse can be used in our everyday lives.

REGISTRATION

REGISTRATION RATES:

REGISTRATION TYPE	EARLY BIRD RATE	REGULAR RATE
Full Two Day Conference	\$125/person	\$145/person
One Day Registration	\$90/person	\$90/person
Students and Organizations with 10 or more participants	\$90/person	\$90/person
Workshop Presenters & ICTF Board	Complimentary	Complimentary

ACCESS ONLINE REGISTRATION:

Everyone who is attending must register for the conference through our online registration portal, ACCESS. 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 2 workshops, and a payment method to complete the registration. ***It will be easier if 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 card or state-issued P-Card through the ACCESS site.
- We can invoice your agency for payment.
- 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 taber.martin@ctf.idaho.gov



CONFERENCE LOCATION:

JUMP BOISE

1000 W. MYRTLE ST. BOISE, ID 83702

JUMP was created as a place for everyone to discover new possibilities and explore their potential. This takes gumption, a combination of vision and courage. JUMP is an invitation to look at things in new ways, including ourselves, and to try things for the first time. JUMP is our underlying metaphor since “to jump” is to part with stability (leaving the ground beneath our feet) and experience something new. When we JUMP we expand our lives, enrich our communities, and push the human story forward.



Jack's Urban Meeting Place

LODGING:

BOOKING YOUR LODGING AT HILTON GARDEN INN BOISE DOWNTOWN

The Hilton Garden Inn Boise Downtown is holding a discounted block of rooms for *Strengthening Families Training Institute* guests. Please call the hotel at 1-800-HILTONS by February 25, 2023. Mention that you are attending SFTI to reserve your room at the special room rate of \$134.00 for a single or a double. You can also book online using the code: **SFT2**

