Fulfilling the Promise
A conference for parent educators, home visitors & their partners
February 24-25, 2015
Chula Vista Resort, Wisconsin Dells, WI
Topic Areas

- Trauma Informed Care
- Infant and Early Childhood Mental Health
- Father Involvement
- Parents Interacting with Infants (PIWI)
- Historical Trauma and Native Americans
- Domestic Violence and Children
- Self-Care
- Supporting Staff Development
- Epigenetics and Culture
- Brain Research and Learning
- Postpartum Depression and Trauma
- Incarceration and Families
- Historical Trauma & Resiliency
- The Importance of Sleep
- Families and Finances

Invitation to attend

At Fulfilling the Promise you’ll hear from parent education and home visitation professionals, peers with innovative programs, and experts in related sectors.

You will learn more about the things that matter most in your work with parents and families.

Gain up-to-date information and great resources from our conference exhibitors.

Connect with colleagues from across Wisconsin!

Sponsored by

- Wisconsin Child Welfare Professional Development System (WCWPDS)
- Department of Children and Families
- Milwaukee Child Welfare Partnership

Say hello to these and many more exhibitors during breaks!

- CDC's Act Early Ambassador to WI
- Brain Insights
- Correctional Education Association-WI
- Jewelry by Geraldine Whiteman
- Children & Youth with Special Health Care Needs
- Supporting Families Together Association

Questions?
Call WCWPDS at 608-890-3965 or e-mail office@wcwpds.wisc.edu
# Conference Schedule

## Tuesday, February 24

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>8:00 am</td>
<td>Check-in</td>
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<tr>
<td>8:45 am</td>
<td>Welcome and Introductions</td>
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<tr>
<td>9:00 am</td>
<td>Brief Introduction – Laura Porter</td>
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<tr>
<td>9:45 am</td>
<td>Video, Reflection and Discussion</td>
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<tr>
<td>10:00 am</td>
<td>Break &amp; Exhibits</td>
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<tr>
<td>10:15 am</td>
<td>Panel: Application of NEAR Science in Wisconsin</td>
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<td>11:15 am</td>
<td>Progressive Nature of Adversity – A Life Course View, Including Supports that Matter</td>
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<td>12:30 pm</td>
<td>Lunch</td>
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<tr>
<td>1:30 pm</td>
<td>ACEs Reflection and discussion in breakout rooms</td>
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<tr>
<td>2:20 pm</td>
<td>Work in Community Teams in breakout rooms</td>
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<tr>
<td>3:00 pm</td>
<td>Break &amp; Exhibits</td>
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<tr>
<td>3:15 pm</td>
<td>Large Group Discussion in ballroom</td>
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<tr>
<td>3:45 pm</td>
<td>Closing</td>
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<td>4:00 pm</td>
<td>Conclusion of First Day</td>
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## Wednesday, February 25

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<tr>
<td>8:00 am</td>
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<td>Welcome and Keynote Dr. Barbara Stroud</td>
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<td>Break and Exhibits</td>
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Please find Target Audience and Core Competencies Information on page 14!
This year, the first day of Fulfilling the Promise marks a new direction for the conference. The entire day will be focused on understanding adverse childhood experiences (ACEs) and the impacts of trauma on the families we serve. We’ll then take a look at strategies for addressing those impacts in a variety of child and family serving settings.

Join us for:

A series of interactive presentations with Laura Porter, a state of Washington expert on the impacts of trauma and community change
- An introduction to NEAR science (Neuroscience, Epigenetics, ACE, Resilience) terms
- The Progressive Nature of Adversity: A Life Course
- How do the effects of ACEs, trauma, and toxic stress show up in your work? How does it look and feel to talk to parents about ACEs?

A panel discussion highlighting four Wisconsin initiatives addressing trauma

Regional conversations to consider these questions:
- What are the reasons that early childhood professionals are uniquely positioned to interrupt intergenerational transmission of ACEs?
- Are there changes we want to make now that we understand NEAR science?
- What’s needed to improve the whole system? What should we do next?

invite Your Partners

Addressing the impacts of trauma requires a community approach. Enrich the discussion by inviting your community partners to attend this special day designed to help us think about our services to families with significant trauma history. A community approach includes: Birth to Three, judges, law enforcement, child welfare workers, school staff, early care and education, and other child and family serving partners. All welcome!
Laura’s work experiences in Washington make her uniquely qualified to help us examine how Wisconsin can better serve families impacted by trauma.

Laura Porter is the Director of ACE Partnerships for Washington State's Department of Social and Health Services. She works with state managers and community leaders to embed ACE Study and related neuroscience and resilience findings into policy, practice and community norms. Outside of Washington, Ms. Porter works with Dr. Robert Anda through their new organization: ACE Interface, which develops and disseminates educational products and empowerment strategies focused for transformational improvements in health.

For seventeen years, Laura was Staff Director for the Washington State Family Policy Council. She worked with an extensive set of state agency partners, community collaboratives and thousands of residents to develop a unique model for improving the capacity of communities to improve child, family and community life. Communities using the model have documented reductions in the rates of seven major social problems and adverse childhood experience prevalence among young adults. Laura won a Governor's Award for Leadership in Management for this work. She holds a Bachelor of Arts degree from The Evergreen State College.
Day 2 Keynote Speaker

Culturally Respectful
Relationship-based Care

Wednesday, February 25
9:00 a.m. - 10:30 a.m.

BARBARA STROUD, PhD
Zero to Three Graduate Fellow,
Infant and Family Mental
Health Specialist/ Reflective
Practice Facilitator Mentor,
California Center for Infant,
Family and Early Childhood
Mental Health

Relationship-based service models are embedded in the activities of social engagement. This presentation will speak to the unspoken but ever present cultural elements of social engagement. Culture defines acceptable social emotional skills, shapes development, and describes the implicit rules of interpersonal relationships. To provide relationship-based services requires a knowledge and sensitivity to issues of cultural differences. In addition, a large body of research now speaks to the psychological and physical harm done by culturally insensitive practices. To support culturally respectful practices, ongoing reflection and deeper self-understanding is necessary. This session will look at the powerful influences of culture in all interpersonal processes and how providers can better work to integrate science, development, and family culture to create successful outcomes.

Barbara Stroud, PhD, is a licensed psychologist with over two decades worth of culturally informed clinical practice in the early childhood development and mental health. She is a ZERO TO THREE graduate Fellow and holds prestigious endorsements as an Infant and Family Mental Health Specialist/ Reflective Practice Facilitator Mentor with the California Center for Infant-Family and Early Childhood Mental Health. Embedded in all of her trainings, clinical service models and consultation are the practices of reflective supervision and sensitivity to cultural uniqueness. Presently, Dr. Stroud is among the distinguished faculty of the University of Massachusetts Infant-Parent Mental Health Postgraduate Certificate Program, Napa, CA Campus. Dr. Stroud is particularly passionate about the unique needs of children of color in the mental health and foster care systems and has had a long history of working with the Los Angeles County Department of Mental Health to infuse reflective and culturally mindful course of action in developing service programs that support the goals of a relationship-based framework within the context of a government contracted organization.
**Infant Mental Health & Children Who Have Experienced Trauma**

Amy D’Addario, MS, CSW, SAC  
*Project Coordinator for Early Childhood Comprehensive Systems Project, Children’s Hospital of WI*

Come learn about a promising Wisconsin initiative related to work with infants and young children who have experienced trauma and toxic stress. Wisconsin’s Early Childhood Comprehensive Systems Project, Department of Children & Families Trauma Project and the Wisconsin Alliance for Infant Mental Health (Wi-AIMH) have partnered to modify the National Child Traumatic Stress Network Caring for Children Who Have Experienced Trauma curriculum to include information related to infant and early childhood brain development and the importance of attachment and relationship.

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**Historical Trauma and Native Americans**

Elizabeth Digby-Britten, B.S.Ed, M.E.P.D.  
*Home School Coordinator/Adjunct Faculty, UW LaCrosse*

What can you do to better understand the trauma families have endured? Historical Trauma can impact family members for generations. The United States government utilized a variety of tactics to eradicate Native people from this continent; from genocide, to residential schools, to the removal of children and the forced sterilization of Native women. Native communities are still reeling from the aftereffects of these government sanctioned procedures. We are not alone in this: other groups of people have endured and continue to endure trauma. This is why there can be distrust for anyone outside of the culture and a reluctance to seek assistance from outside agencies. With this understanding, how can you use your knowledge to assist families more effectively?

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**Community Fathers: Making Male Involvement Relevant**

Tammie I. King, BA  
*Parent Consultant Project Director, King Consulting Services*

Erick M. Williams  
*Fatherhood Initiative & PATHS Program Manager, Community Action Inc. Rock/Walworth*

This session will focus on recruiting and empowering men to become leaders and change agents within their community. Responsible men are the missing link to the reeducation and development of communities that are negatively impacting their children’s quality of life.

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**What is PIWI?**

Staci Sontoski, BSW  
*Homevisiting Professional Development Manager, UW Milwaukee - Milwaukee Child Welfare Partnership*

The Pyramid Model’s Parent Component, Parents Interacting with Infants (PIWI), framework is a part of the statewide initiative and nationally recognized work by CSEFEL to support social and emotional development and competence in early childhood. This session will provide an overview of the framework and implementation, and connect participants with resources related to the Pyramid Model and social emotional development.

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**Self Care**

Mary Hess, PhD  
*Licensed Clinical Psychologist, Clinical Supervisor, Family Services of Waukesha & Northland Counseling*

Can you help others without feeling stressed and depressed yourself? This presentation will help you understand how your mind/body deals with stress that you experience and how we often take on the stress of others we are working with. We will focus on how to deal with other people’s stress without taking it on ourselves. We will discuss specific strategies we can use to keep ourselves healthy so we can be the best care takers possible. We can give more if we keep ourselves healthy and strong.

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Child Witness to Domestic Violence: How to build resiliency in children who suffer adverse childhood experiences and toxic stress
Luke Waldo, BA in Psychology & Spanish
Family Support Supervisor, Children’s Hospital of WI - Community Services

Millions of children witness domestic violence each year. They are often hidden victims who suffer persistent toxic stress through adverse childhood experiences (ACEs). As they experience more ACEs, they face more behavioral and health risks. We have opportunities to support children in building resiliency that may combat the impacts of ACEs. Early intervention and stable environments are critical components to resiliency. Through safety and behavioral assessments to safety planning with children and protective parents, we can offer families a safer and healthier future.

Creating a Culture of Support: Trauma Informed and Strength Based
Sarah J. Krueger, PhD.
PhD, Clinical Psychology
M.A. Counseling and Psychological Services

Supervisors and Managers are vulnerable to compassion fatigue and burnout due to their high level of responsibility in very complex and traumatic situations where they have little direct influence. This workshop will provide an overview of compassion fatigue for leaders. Participants will identify their personal coping style though an experiential activity, create a personal care and coping plan, and select strategies to motivate and empower staff using an integration of trauma-informed and strength-based approaches.

Put Your Staff Professional Development Dollars to Work
Sandy Ellis, BS
Trainer & Consultant, Prevention Solutions

“When do I send staff to training? What training do I encourage staff to attend? How will I know they’re ready for more training?” Learn the answers to these commonly asked questions and explore research about adult learning. In addition, this workshop will provide tips and strategies that will help supervisors coach staff to implement new learning into their practice and keep staff development goals on the front burner.

Infant Mental Health Concepts in Home Visiting: Looking Together Through the Use of Video
Rebecca Hein, MS, MFT
Dane County Parent Council

This presentation explores how Infant Mental Health concepts can be applied in home visitation. We explore relationship-based practice, ecological thinking, developmental guidance, parallel process, and reflective practice through the use of video clips of client and staff interviews. Presenters and participants will look together at footage in an attempt to co-construct meaning, implications, and the challenges of applying IMH concepts in home visiting.

Please find Target Audience and Core Competencies Information on page 14!
Engaging Fathers into your Program/Building a Stronger Child

Terry Wolfgram, BS in Communications
Fatherhood Educational Specialist, Healthy Families

What does it take to engage fathers into your program? How many fathers can you expect to attend? How do you determine the effectiveness of your fatherhood program? What about both parents attending an event? How do you build a stronger child? Co-parenting offers unique opportunities.

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Historical Trauma and Its Impact on the Family Story and Resiliency

Patricia A. Parker, CSW, MCCMH
Curriculum and Instruction Manager, UW-Milwaukee – Milwaukee Child Welfare Partnership

We inherit more than our DNA from our family. The events of our grandparents’ lives can influence how we manage the events of our own lives. History and historical trauma and how it impacts the family will be presented and discussed in this workshop.

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February 25 Session 2
1:00 p.m. - 2:15 p.m.

Hidden Victims of Incarceration and the Resources to Support Them
Jerry Bednarowski, MS in Education
Group Chair, Correctional Education Association of WI

Mary Pohlmam, MS in Education
Teacher, Kettle Moraine Correctional Institution

Andrea Uherka, CSW, BS in Criminal Justice & Psychology
Social worker, Waupun Correctional Institution

Former Miss Wisconsin and Miss America 2012, Laura Kaeppeler said, “A parent in prison does not have to define your life.” She had first hand experience of having an incarcerated parent. Parents that are offenders need to stay connected to their children. This is important for positive outcomes for the offender but also the child. There are programs and resources available to the parenting relationship to remain, while a parent is incarcerated. There are many effects that incarceration of a parent can have on a child’s development. These effects are another reason that the programs and resources that are available are so important to the whole family unit.

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Say hello to these and many more exhibitors during breaks!

- CDC’s Act Early Ambassador to WI
- Brain Insights
- Correctional Education Association-WI
- Jewelry by Geraldine Whiteman
- Children & Youth with Special Health Care Needs
- Supporting Families Together Association

Please find Target Audience and Core Competencies Information on page 14!
The Adverse Childhood Experiences Framework and Home Visiting Services: Implications for Prevention, Practice and Policy Part 1 of 2

Josh Mersky, PhD
Associate Professor, Jane Addams College of Social Work UL-Chicago
Scientist, Center of Applied Behavioral Health Research, UW-Milwaukee

Dimitri Topitzes, PhD
Assistant Professor, Helen Bader School of Social Work

It is well known that ACEs increase the risk of poor physical and mental health outcomes in later life. There are also reasons to suspect that a parent’s ACE history may affect her offspring. Evidence of these intergenerational impacts is scarce, however. Moreover, the field lags when it comes to translating our knowledge of ACEs into meaningful implications for prevention, intervention and policy. This workshop will help to bridge these gaps by describing how the “Smart Scale Up” project has integrated the ACE framework into Wisconsin’s home visiting services.

Enrollment Limit Target Audience Core Competencies
n/a BHV EHV PM S CP 1, 2

How Do Your DNA, History and Relationships Influence Culture? Part 1 of 2

Barbara Stroud, PhD
Trainer and Consultant, Barbara Stroud Training & Consultation

Digging deeper into culture: This session will consider culture for an individual and a historical lens. We will examine the science of epigenetics and how it might influence expressed culture. In addition, elements of historical trauma, family legacy and levels of acculturation will be considered as issues of risk and resilience in relation to internal cultural understanding. Finally, we will consider how provider relationships with families can build on family culture, celebrate cultural values, and serve as a point of repair for past relationships of social injustice.

Enrollment Limit Target Audience Core Competencies
n/a E 4, 6

Becoming a Trauma Informed Care Agency: The Journey Part 1 of 2

Kasey Kaepernick, BS in Family Life Education
ACE Master Trainer
Healthy Beginnings Manager/Trauma Informed Care Coordinator, Waupaca County DHS

Lisa Grasshoff, BS in Psychology, Human Services Emphasis
Rehabilitation Manager, Waupaca County Industries

Waupaca County Department of Health and Human Services (WCDHHS) has been on a journey to becoming a leader in the shift to Trauma Informed Care practices. Learn about the recent changes within the organization to support staff and community members that utilize WCDHHS services. Discover why developing a trauma informed agency is important and the steps necessary to create this shift in your own agency. You will also hear a powerful personal story of adversity and resiliency.

Enrollment Limit Target Audience Core Competencies
n/a E 7, 19

Please find Target Audience and Core Competencies Information on page 14!
Trauma Informed Care System with At-Risk Preschool Children: Exploring the Developmental Needs of Children Entering Child Protective Services
Part 1 of 2
Linda Irwin, BS-ED
Early Childhood Special Education Teachers, Lutheran Social Services of WI & Upper Michigan
Amanda Smith, BS in Neuroscience
Family Support Specialist, Lutheran Social Services of WI & Upper Michigan
Linda Wetzel, MPH, OT
Program Manager, Lutheran Social Services of WI & Upper Michigan

Young children exposed to trauma and adverse childhood experiences (ACE’s) are at increased risk for poor developmental outcomes. The Trauma Informed Care System with At-Risk Preschool Children was developed to address the needs of children in child protective services. Assessment data highlighting the functional delays seen in a small sample of children and the intervention provided to address the components that build responsive and secure caregiver-child relationships and improved child learning will be presented.

Postpartum Depression and Trauma History:
Healing Past Relationships While Creating Present Healthy Attachments
Part 1 of 2
Roseanne Clark, PhD, IMH-E® (IV)
Postpartum Depression Program Director, UW Department of Psychiatry
Jen Perfetti, LPC, IMH-E® (IV)
Senior counselor, UW Department of Psychiatry

This presentation will bring together years of clinical work in understanding and supporting women experiencing postpartum depression, specifically those who have a history of trauma or severely disrupted relationships. Pregnancy, birth and the postpartum period are times in a woman’s life where her own history of being parented rises again to the forefront and can have great impact on the developing relationship with her infant. Dr. Clark and Ms. Perfetti will share their experience and understanding of how trauma impacts the postpartum period and ways of supporting mothers in their own emotional wellbeing along with helping them to build an attuned and attached relationship with their new baby.

It's All About Connections
Part 1 of 2
Romilia E. Schlueter, BS, MA, IMH Certificate
Master Trainer
Quality Improvement Specialist, Supporting Families Together Association
If you are fascinated by the awesome capacity for learning of the human brain and want to make sure that you are using effective strategies in your program, this session is for you!

This training is designed to share findings from the latest brain research and the implications of these findings for early care and education programs. With brain development in mind, participants will use play and activities that engage the different parts of the brain in the learning process.

Please find Target Audience and Core Competencies Information on page 14!
Looking Back to Move Forward: Responding to Historical Trauma and Its Impact on People with Disabilities Today

Karen Lane, MART, CPS
Advocacy Specialist, Disability Rights of WI

Cleveland Doxtater
Reach Coordinator, End Domestic Abuse WI

Historical trauma often is an overlooked consideration when working with individuals with disabilities. This presentation will explore why understanding historical trauma and its impact can positively influence the current educational service and support relationships when working with individuals who have disabilities. Understanding how historic institutional systems continue to impact how individuals with disabilities approach helping relationships today.

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Lights Out: How sleep relates to health and what you can do to promote both in new families

Jennifer Doering, PhD, RN
Associate Professor, UW Milwaukee College of Nursing

The goal of this session is to provide participants with an appreciation for how sleep can affect health in new families. This first half of the session will highlight links between sleep and physical and mental health in new parents. The second half will review self-management strategies to promote sleep in new families. Attendees will leave with materials to create plans for promoting sleep with clients including setting goals, selecting actions to support goals and evaluating plan effectiveness.

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Families and Finances: Raising Children in an Expensive World

Jesse Brunette
Certified Consumer Credit & Housing Counselor
Financial Health Counselor, Catholic Charities of the Diocese of Green Bay

Help! Reduced incomes, rising housing costs, expensive health, dental, and childcare- families with young children are experiencing financial pressures on multiple fronts. Service providers may find it difficult to address some of their financial concerns. Join us for practical advice and discussion that can be relayed to parents of young children. Through this workshop participants will be better equipped to answer questions regarding basic budgeting, financial mistake avoidance, and ways to stretch dollars for maximum family benefit.

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Please see Part 1 for presentation description.

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Rehabilitation Manager, Waupaca County Industries

Please see Part 1 for presentation description.

How Do Your DNA, History and Relationships Influence Culture?
Part 2 of 2
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Trainer and Consultant, Barbara Stroud Training & Consultation

Please see Part 1 for presentation description.

It’s All About Connections
Part 2 of 2
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Postpartum Depression and Trauma History:
Healing Past Relationships While Creating Present Healthy Attachments
Part 2 of 2
Roseanne Clark, PhD, IMH-E® (IV)
Postpartum Depression Program Director, UW Department of Psychiatry

Jen Perfetti, LPC, IMH-E® (IV)
Senior counselor, UW Department of Psychiatry

Please see Part 1 for presentation description.

Please find Target Audience and Core Competencies Information on page 14!
Target Audience

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<td>BPE Beginning Parent Educator</td>
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Wisconsin’s Infant Mental Health Endorsement Competencies

*Each of the four Endorsement Levels has unique competency requirements within eight core areas. The areas are:*

**Competency Areas:**

1. Theoretical Foundations
2. Law, Regulation, and Agency
3. Systems Expertise
4. Direct Service Skills
5. Working With Others
6. Communicating
7. Thinking
8. Reflection

*The specific competencies that WI-AIMH has found useful for tracking are:*

**Competencies** (Competency areas in bold - see key below)

1. Attachment/Separation/Loss/Trauma *(1)*
2. Psychotherapeutic and behavioral theories of change *(1)*
3. Observation, screening, assessment, diagnosis *(4)*
4. Cultural Competency *(1,8)*
5. Treatment planning/intervention *(4)*
6. Relationship-Focused Practice *(5)*
7. Collaboration, community resources, and delivery systems *(2,3)*
8. Relationship-Focused Therapeutic Practice *(1)*
9. Law, ethics, regulations, guidelines *(2)*
10. Family relationships and dynamics *(1)*
11. Reflective Supervision/Consultation *(4,6,8)*
12. Pregnancy and early parenthood *(1)*
13. Infant-and young child development and behavior *(1,2)*
14. Infant/very young child and family centered practice *(1,4,5,6,8)*
15. Adult Learning Theory *(1,7)*
16. Disorders of infancy and early childhood (mental health) *(1)*
17. Data, research, evaluation, program development, policy *(1,2)*
18. Mental and behavioral disorders in adults *(1)*
19. Leadership/administration *(5,6,7,8)*
20. Adult mental health, learning, and cognitive functioning *(1,7)*
21. Parent-Infant Relationship base therapies and practice *(1,4,5)*

**Please use this map when identifying your training region when registering for the conference on PDS Online**
Continuing Education Units

You will receive 1 CEU for every hour of attendance at the conference. All registrants must sign in at the registration table each day they attend at the Chula Vista in order to get credit. You may view your attendance records after the conference on your transcript on PDS Online.

Conference Registration

Registration closes on Tuesday, February 17.

You may register for the conference on PDS Online by logging into your account here: https://pdsonline.csod.com/client/pdsonline/default.aspx

If you have never used PDS Online, follow our instructions here: http://wcwpds.wisc.edu/pdsonline/

If you are not sure whether you have a PDS Online account or are having difficulties, contact us at training@wcwts.wisc.edu.

Registration Fee

The conference cost is $200.

Cancellation Policy

Registration closes on Tuesday, February 17. If you cancel your registration 10 working days prior to the conference (Tuesday, February 10, 2015), you will receive a full refund. Registrants who cancel less than 10 working days prior to the program are responsible for the entire fee. You may send someone in your place at no cost. Please cancel your registration by phone at 608-890-3965 or emailing us at training@wcwts.wisc.edu.

Location

Chula Vista Resort & Waterpark in Wisconsin Dells.

GPS Address: 2501 River Road
Alternate GPS: 1000 Chula Vista Parkway

Directions

From Madison/Milwaukee/Chicago

Take I-90/I-94 West past Madison to exit 87 for the Wisconsin Dells Hwy 13. There is only one way to go off the exit; go through to the seventh stoplight and you’ll reach Hwy 13 North. Turn left on Hwy 13 North and travel 2.8 miles. Turn left on Chula Vista Parkway.

Lodging

A block of rooms is reserved at Chula Vista Resort & Waterpark: $70 single, $119 double, $119 triple, and $119 quad, plus tax (unless tax exempt).

The rooms will be held until Saturday, January 24, 2015. Reservation requests made after this date will be reserved on a space and rate available basis.

Check-in time is 4pm and check-out time is 10:30am. Rooms must be cancelled 72 hours prior to arrival to receive a refund.

For reservations call Chula Vista Resort’s toll free reservation line at 1-877-878-9876 and refer to booking ID # A69684 to make the reservation.

Questions?

For conference related questions, contact WCWPDS at 608-890-3965 or training@wcwts.wisc.edu.

Please find Target Audience and Core Competencies Information on page 14!