



July 12-14, 2021 | pcaaz.org/cap2021

Agenda

Pre-Conference | Monday, July 12, 2021

- 9:00 – 10:15 ACES 101 – Understanding Adverse Childhood Experiences
- 1:00 – 2:15 Reframing Childhood Adversity: Promoting Upstream Approaches
- 3:00 – 5:00 Film Screening | Dodging Bullets
- 5:00 – 6:00 Happy Hour Virtual Networking

Day 1 | Tuesday, July 13, 2021

- 9:00 – 9:15 Welcome
- 9:15 – 10:15 Keynote 1
- 10:15 – 10:45 *break*
- 10:45 – 11:45 Workshop A
- 11:45 – 12:45 *break*
- 12:45 – 2:00 Keynote 2
- 2:00 – 2:30 *break*
- 2:30 – 3:30 Workshop B
- 3:30 – 4:00 *break*
- 4:00 – 4:45 Reflection
- 5:00 – 6:00 Fun activity

Day 2 | Wednesday, July 14, 2021

- 9:00 – 9:15 Welcome
- 9:15 – 10:15 Keynote 3
- 10:15 – 10:45 *break*
- 10:45 – 11:45 Workshop C
- 11:45 – 12:45 *break*
- 12:45 – 1:15 Awards
- 1:15 – 2:15 Keynote 4
- 2:15 – 2:45 *break*
- 2:45 – 3:45 Workshop D
- 4:15 – 5:00 Closing
- Reflection

Workshops

Block A | Tuesday, July 13 | 10:45-11:45 am

A1 | From Prevention to Permanency: How Social Workers are Increasing Transparency and Trust in the Child Welfare System

Amy Steemke, Superior Court of Arizona in Maricopa County, and Danielle Delgado, LMSW, Office of Public Defense Services

Learn about social work practices in Maricopa Juvenile Court from prevention to permanency. This workshop will explore the court's Dependency Prevention Staffing program, the use of the Safety Framework in court processes, and parent social workers as part of a team-based parent representation model.

A2 | Who is Judging? Identifying Bias

Angie Burlison, Arizona Recovers

Implicit bias and stigma are pervasive and affect many of our interactions, creating barriers to living life to the fullest. Identifying what bias looks like in action is crucial in creating meaningful relationships and cultivating trust, especially if our role is a helper.

A3 | Trauma-Informed Primary Prevention (TIPP) 101

Jennifer Rauhouse and Jenesis Maldonado, Peer Solutions

In TIPP 101, we will discuss how to address the impact of historical trauma with empathy and compassion. We will share what is working, including normalizing safety, equity, and respect with individuals, relationships, community, and society. You will learn practical TIPP tools you can use today to prevent child abuse, including child sexual abuse, before it happens.

A4 | Be an Agent of Change in Nurturing Resilience and Regulation

Rebecca Leimkuehler, Cartwright School District, and Laura Wiggins, MA, LMSW, Arizona ACEs Consortium

This workshop will use a neurobiological perspective to look at techniques and strategies to build relationships, promote regulation, and foster resilience for Arizona's children. Participants will learn about and apply the neuroscience behind these factors, and will take away techniques and strategies.

A5 | Circle of Trust: Healing in Motion

Robin Afinowich, MS, CARE 7

This integrative and progressive workshop is focused on restoring individual, family, community and cultural well-being through accessible trauma-informed practices and a holistic lens. Trauma makes it incredibly difficult to trust one's sense of self and sense of belonging. It interrupts healthy development, identity, and community connection. Learn simple and effective strategies for implementing trauma-informed care to reinstate a sense of safety and trust, identity and belonging. This training is rooted in an Individual and a Community Wellness Wheel addressing the primary areas that create psycho-social development and resiliency.

A6 | Creating Safe Spaces: No Hit Zones

Kelly Dauk, MD, and Stacie Schrieffer LeBlanc, MEd, JD

The use of corporal punishment, a common form of discipline, is associated with many negative health outcomes. This workshop introduces No Hit Zones as a promising program in changing social norms related to spanking/hitting of children. The presentation provides resources for attendees to start their own No Hit Zones.

Block B | Tuesday, July 13 | 2:30-3:30 pm

B7 | Family Voice & Choice: Building Resiliency Through Community

Paula Brunswick and Arianna Palumbo, Family Involvement Center

Learn to decrease isolation and build resilience for at-risk parents/caregivers by helping them find their voice, make connections, be heard and respected, and overcome obstacles. This workshop will use portions of the SFNG Parent Leadership Training to empower participants in aiding families.

B8 | Improving Psychological Safety in Your Agency to Cultivate Trust in Your Community

Layli Milden and Audrey Lenchner, DCS

Imagine a workplace in which there is no fear to speak up, even if you are wrong. Explore how to develop psychological safety in the workplace in order to cultivate trust in the communities you serve. This workshop will focus on learning about psychological safety and brainstorming actions you can take back to your organization.

B9 | Leadership That Creates a Culture of Trust in Youth Programming

Caitlin Alfonso, LMSW, Acornic Consulting LLC

Youth programs are everywhere: parks, schools, nonprofits, libraries, church groups, etc. Each environment is filled with ways to engage in ways that build and maintain trust in youth participants. However, many opportunities are lost. This workshop will explore, through a leadership lens, how to build a foundation of trust into program curricula and support trusting relationships between staff and youth participants.

B10 | Parents and Babies, Substance Use Disorder Treatment and Recovery, and Plans of Safe Care

Kate Dobler, MEd, CPM, IMH-E, AHCCCS; Tara Sundem, Hushabye Nursery; and Sue Smith, DCS

Ready for cross-sector learning and collaborating to support pregnant and postpartum women (and their kids!) living with a substance use disorder? This session will provide an overview of Arizona's SAMHSA-funded PPW-PLT project, and how it fits into our state's response to the opioid epidemic.

Participants will be given plans of safe care to use with pregnant and parenting families, techniques to assist and engage parents with skill-building, services and supports through the lens of trauma-informed care, and parent voice. Come join the conversation and be part of changing the system.

B11 | Creating a Trauma-Informed Community to Support Children

Emily Brennan and Erin Marsh, Southwest Human Development

This workshop will define trauma-informed care and what it means to work from a trauma-informed lens. We will use this shared understanding to discuss barriers in establishing trusting relationships when working with families. We will also explore and reflect on root causes of these barriers, and identify strategies that professionals can use in order to create a community of support.

B12 | Resource Networking, Speed-Dating Style

Learn about 18 different programs and organizations in one hour! Agencies and providers will share what services and resources they offer in 2-½-minute presentations.

Block C | Wednesday, July 14 | 10:45-11:45 am

C13 | Building Communities Using Participatory Models

Jacelyn Salabye, MSW, and Tallerita Tunney Rogers, LMSW, MPA, Native Americans for Community Action

Engaging families requires that communities are also engaged. Creating "buy-in" can be achieved using community-based participatory practices. Native Americans for Community Action Inc. (NACA) utilizes Gathering of Native Americans (GONA) and other group facilitation tools to build community engagement.

C14 | Youth Leadership, Youth Voice

Jessica Woodruff, LCSW, JFCS Transition to Adulthood Program

This session will show that youths engage and participate when they are respected and valued. Learn about how to implement youth leadership into your community and the different events/activities that inspire youths' interest.

C15 | In a Digital World 101: Technology and Addiction

Chris Panneton, Southwest Family Advocacy Center

Every time we receive a like, follow request, or response, the pleasure senses in our brain react. These "pleasure senses" are the same ones that are linked to addictions. This class will cover how our brains are impacted by technology through social media and gaming and discuss how we can build stronger relationships with our families, students, and community by better understand the struggles we face with addiction.

C16 | Behind the Burnout: Raising a Child With a Disability

Michele Thorne, DAMES (Differently Abled Mothers Empowerment Society)

This workshop will bring to light the pressures, stress, and anxiety that envelop parents who are raising a child with a disability. Those who attend will gain a deeper appreciation for the hardships that come with raising a special-needs child, and how to help parents through stressful situations, decreasing the likelihood of abuse.

C17 | Building a Help-Seeking Society One Family at A Time

Carly Burton, Sandra Vicars, Hannah Gunderson, Guillermina Gutierrez and Myrna Suchilt, Parents as Teachers/Arizona's Children Association

Increase your understanding of the help-seeking process through a case study highlighting common barriers. Attendees will take away innovative tools to assist individuals through this process with a strength-based, culturally competent lens.

C18 | Resilience-Building Starts with You: Self-Care for Those Who Serve

Kelly Lubeck, MPH

More than ever before, changemakers, leaders and service providers need to build their own resilience with consistent and strong self-care, so they can serve from a full cup. Deep self-care builds your resilience and capacity to continue doing your meaningful work. It helps you be more capable, connected and supportive – for those you serve, your family, your community, and you. Learn simple but powerful techniques and leave with a plan to release stress and anxiety, increase compassion, lift your mood, and maintain "energetic hygiene" so you're not taking the problems of the world home with you.

Block D | Wednesday, July 14 | 2:45-3:45 pm

D19 | Listen UP: Conversations that Elevate Communities

Sandi Cimino, The Well-Made Bed, LLC

Voice and choice are critical aspects of building trust and creating trauma-informed environments. This workshop will utilize the World Café model to engage participants in conversations that explore creating opportunities for challenging conversations that are UPfront, UPlifting and UPtempo. Lasting change is imperative. It happens one conversation at a time. And it starts with listening.

D20 | Building Bridges of Connection Through Empathy | Robin Blumenthal

Empathy is key to cultivating trust. Not only does it open the heart and the mind to learning, but the effective use of empathy builds a bridge of connection. When a safe and empathetic connection happens, healing begins, trust is built, hope is inspired, and life-change happens. Join us as we look at tools, resources, and reminders for the power of empathy.

D21 | Maximizing Family Stability and Child Well-Being Through Professional Mentoring

Carmi Brown and Erica Reid, Friends of the Children

This workshop will explore how Friends of the Children – a program that uses paid, professional mentors ("Friends") who sustain relationships with youth and families over 12+ years – has leveraged the power of trusting relationships to strengthen supports for families. Friends of the Children is an equity-based social innovation driven by youth and caregiver voices, with decades of proven impact.

D22 | Working with Pregnant Youth – Cultivating Trust

Laura Pedersen, RN, MSN, and Sara Wildenborg, Arizona Youth Partnership

Serving and guiding youth toward successful outcomes has its challenges. Developing a trusting relationship is vital, as pregnant/parenting youths in your programs navigate their own challenges. A critical aspect needed in developing relationships with this population is checking your own attitudes and beliefs about those you are serving. We will help you explore any personal bias you may experience and offer useful approaches to guide those you serve toward successful outcomes.

D23 | Creating Communities of Civility, Respect, Equity and Inclusion

Erin Callinan, MSW, BLOOM365, and Yavapai College Chief of Police Jerald Monahan, MS

Explore community identity and gain insight into recognizing how bias, disrespect, and prejudice contribute to negative social norms and the acceptance of violence. The individuals, communities, systems and institutions that surround our youth all contribute to the risk and protective factors which either condone aggression and violence or promote equity, inclusion, civility and respect. Information will be presented on how each of us, not just formal community leaders, has a responsibility to contribute to the creation of social norms that protect children, youth and adults from violent behaviors. We will discuss safe bystander and upstander intervention and address interpersonal and community-based violence interventions.

D24 | Lean On Me AZ – Creating a Culture of Family Support

Claire Louge, MEd, Prevent Child Abuse Arizona

We may be mandated reporters, but can we also consider ourselves mandated supporters? Lean On Me AZ, a project funded by Casey Family Programs, is a movement to raise awareness about the factors that protect families from overwhelming stress, and offer strategies to help community members strengthen families in everyday ways. In this session, we will share community-generated tools, messages, and ideas about how we, as individuals, can create a culture of family support.

- Register today at pcaaz.regfox.com/cap2021
- Questions? Email capconf@pcaaz.org
- Interested in sponsor or exhibitor opportunities?
Please email rebekah@pcaaz.org