

Foster Parents Rock!



The Rhythm of Relationships

TN DCS Foster Parent Conference September 13-15, 2019

Presented by the Tennessee Department of Children's Services in partnership with the Tennessee Foster and Adoptive Care Association (TFACA) and Harmony Family Center.



Registration Brochure

Conference Brochure Table of Contents

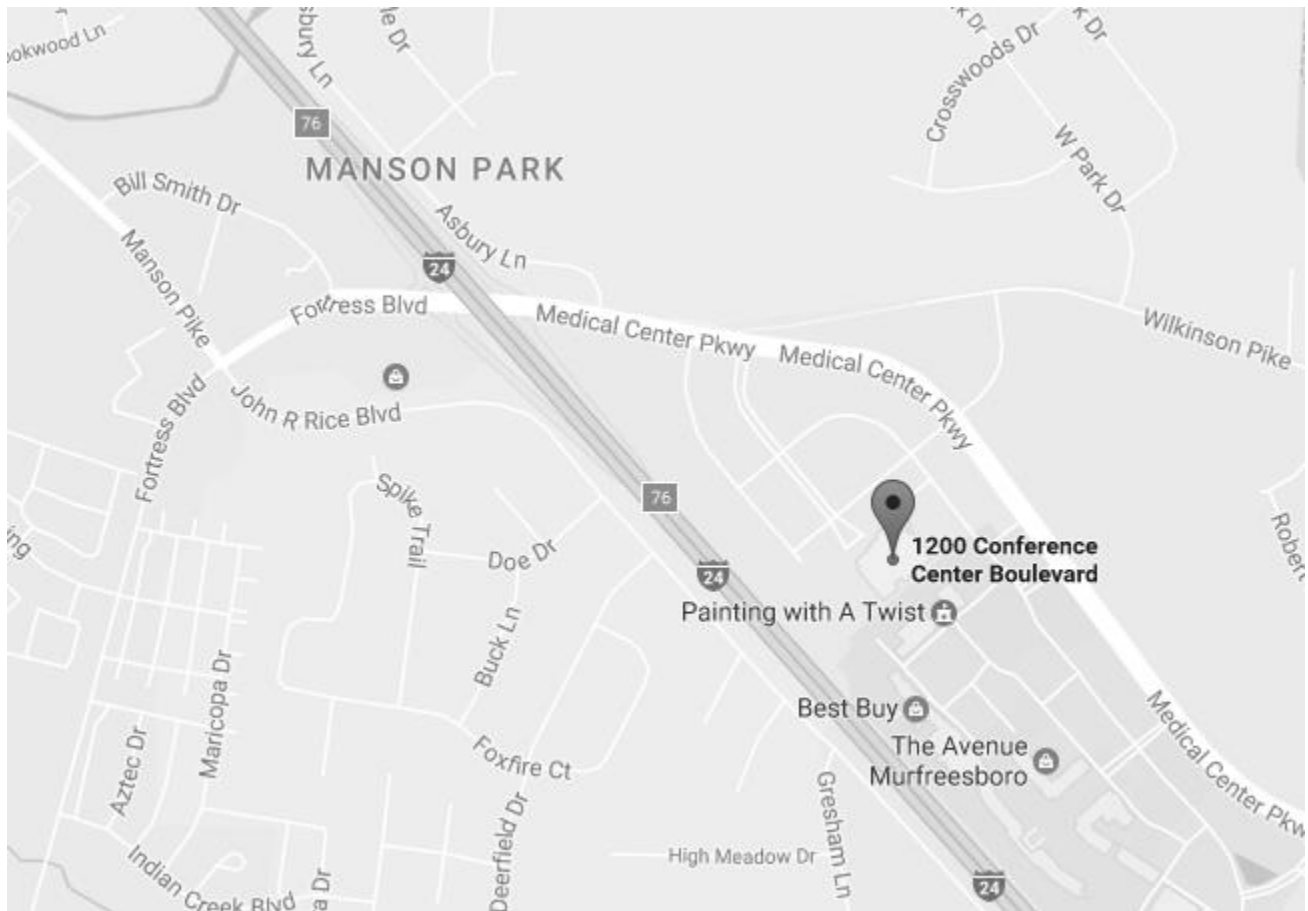
| | |
|--|-------|
| General Information | 1-2 |
| Date/Location/Map | |
| Conference Committee and Contact | |
| Theme and Festivities | 3 |
| Registration Information | 4 |
| Travel and Commuter Information | 5 |
| Hotel Information | 6-9 |
| Conference Schedule Overview | 10 |
| Key Note Presenter | 11 |
| Conference Book Club | 12 |
| Foster Parent Training Guidelines | 13 |
| Workshop Themes and Class Series Information | 14 |
| Day-by-Day Workshop Schedule | 15-18 |
| Workshop Descriptions | 19-35 |
| Registration Instructions | 36 |
| TFACA Overview | 37 |
| Membership | |
| Silent Auction | |
| Scholarships | |
| TFACA Breakfast and Elections | |
| Vendor Information | 38 |
| Frequently Asked Questions | 39 |

General Information:

The 2019 Tennessee Foster Parent Conference
“The Rhythm of Relationships”
will be held September 13-15, 2019 at
Embassy Suites Hotel and Conference Center in
Murfreesboro, TN

Address:

1200 Conference Center Blvd
Murfreesboro, TN 37129



Conference Committee Contacts:

Conference Coordinator

Michelle Rigling

micheller@harmonyfamilycenter.org

Department of Children's Services

Ronya Faulkner, Director of Training and Professional Development

Joye Duvall, Director of Foster Parent Training

Harmony Family Center

Pam Wolf, Chief Executive Officer

Keith Bailey, Training Director

Tennessee Foster and Adoptive Care Association

Marion Rhines, President

For questions or registration assistance please contact Harmony Family Center at (865) 982-5225 and your call will be directed to the appropriate department or person. You may have to leave a message.

Your call is important and we are committed to helping you with registration. If you have to leave a message, please allow 2 full business days for a response.

2019 Theme and Festivities

Rhythm of Relationships Special Workshop

Dive into this year's theme by attending this workshop. *Rhythm of Relationships* is part science, part intervention. When children experience trauma and neglect, it changes the development of their brains and bodies. We will explore the ways in which trauma effects brain development and functioning as well as how rhythmic interventions in the context of healthy relationships can be healing and nourishing to a child who has experienced trauma and childhood adversity. Hear fascinating neuroscience and learn ways to incorporate this knowledge into your parenting and fostering approach.

Finding Our Groove Opening Ceremony

We come together for our opening ceremony to share information and have some fun! Our opening ceremony counts as 1 training hour and will include an official welcome from the new Commissioner, important conference announcements and updates from the Department of Children's Services, Harmony Family Center, and TFACA.

Decades Dinner & Dance Party

This year we are mixing things up! Instead of a reception followed by an opening ceremony, we are having our ceremony first. Afterwards, we are going to have some fun! Join us for music, dinner and even a little dancing!

DRESS CODE: We invite foster parents and staff to have fun with our theme by dressing in decade-specific or music-genre-specific clothing. Looking for an excuse to wear that rock-n-roll wig? What about some disco garb? Here's your chance!

Foster Parents Rock Keynote Luncheon

This year's keynote luncheon features Josh Shipp, former foster child, bestselling author, motivational speaker and TV personality. Josh's message is all about the importance of healthy relationships in the lives of foster children. There will be interactive fun, door prizes and more.

DRESS CODE: We invite foster parents and staff to wear band, music, or concert themed t-shirts all day Saturday.

Let the Good Times Roll TFACA Breakfast

This year, come to breakfast just a little early to enjoy some jazzy tunes and enjoy our New Orleans inspired breakfast menu...our version of a Jazz Breakfast!

DRESS CODE: We invite foster parents and staff to get creative with our New Orleans theme and wear Mardi Gras colors, throw on a feather boa or sequin hat and *Let the Good Times Roll!*

Registration Information

The deadline for registration is August 9, 2019 unless the conference fills up before that date. NO late registrations will be accepted. Onsite registration will NOT be available. Pre-Registration is mandatory for all attendees in order to facilitate planning and to ensure that enough hotel rooms are reserved.

WEB: The registration website for the 2019 TN DCS Foster Parent Conference is <http://www.cvent.com/d/w6q5mc>

MAIL: To register by mail, please contact your Foster Parent Support Worker.

Only foster parents who have registered in advance will be permitted to attend the conference. **NO CHILDREN, GUESTS OR OTHER UNREGISTERED FAMILY MEMBERS ARE ALLOWED TO BE AT THE CONFERENCE OR STAY AT EMBASSY SUITES.**

You will be prompted to make workshop selections during the online registration process. For this reason, be sure to review the workshop section and conference schedule before going to the registration website.

Registration Fees are as follows:

| 2019 Registration Fees: ALL Foster Parents | | | | |
|--|--------------------|--------|------------------------|--------|
| Includes 3 meals per participant, snacks and training sessions | | | | |
| | Association Member | | Non-Association Member | |
| | Individual | Couple | Individual | Couple |
| Registration | \$45 | \$90 | \$80 | \$160 |

| 2019 Lodging Fees | | | | |
|--|------------|--------|---------------------|--------|
| Lodging fees are added to registration fees during registration. | | | | |
| | DCS Home* | | Private Agency Home | |
| | Individual | Couple | Individual | Couple |
| Hotel Room: 1 Night | \$30 | \$30 | \$108 | \$108 |
| Hotel Room: 2 Nights | \$138 | \$138 | \$216 | \$216 |

*DCS foster homes receive a discount on their first night's lodging costs.

Travel and Commuter Information

Travel:

In accordance with state policy, **parents and staff residing within a 50 mile radius will not be eligible to stay at conference hotels.** Rooms will be assigned on a first come, first served basis through our online registration system. Foster parents who receive board payments from private agencies, shared homes and agency staff are NOT eligible for travel reimbursement. Check with your private agency to see if reimbursement is available. Mileage reimbursement will be at the current state mileage rate.

Commuters:

If you are not eligible for overnight conference accommodations (i.e., you live in Davidson, Rutherford, Williamson or Wilson County), you are eligible for round trip mileage for each day you attend the conference. Foster parents can visit the designated person at the DCS mall in the conference vendor area for additional information.

Hotel Information

If you are staying overnight at the conference, you will receive information regarding hotel assignment and confirmation number prior to the event.

Do not contact the hotel. Your hotel reservations are processed through the conference registration process.

2019 Hotels:

- Embassy Suites Hotel and Conference Center
1200 Conference Center Blvd, Murfreesboro, TN 37129
- Hilton Garden Inn: 1335 Conference Center Blvd, Murfreesboro
- Hampton Inn and Suites: 325 N Thompson Lane, Murfreesboro
- Residence Inn by Marriot: 1409 Conference Center Blvd, Murfreesboro
- Holiday Inn: 1453 Silohill Ln, Murfreesboro
- Holiday Inn Express: 165 Chaffin Place, Murfreesboro
- Fairfield Inn: 175 Chaffin Place, Murfreesboro

More Information:

- **Check-in:** Hotel check-in is not guaranteed until 3pm the date of your arrival. Please plan accordingly and be patient with hotel staff as they try to accommodate and prepare for our large group.
- **Room Type:** There are a limited number of king rooms available. Requests for king rooms will be honored when possible.
- **Accommodations:** If handicap accommodations are required, please select the appropriate option during the registration process.
- **Guests:** Hotel rooms paid for by DCS are for registered conference participants only.
- **Hotel Charges:** DCS will not pay hotel charges for food, entertainment or other incidentals. All participants will be required to provide credit card to the hotel at check-in to cover any incidental costs. The conference center is a smoke-free facility. A penalty fee of \$150 or more will be charged directly to the participant if there is smoking in your hotel room. This penalty is the sole responsibility of participant.
- **Confirmation Numbers:** You will receive a confirmation number and specific information about your hotel prior to the conference.

Hotel Directions

Directions to Embassy Suites, Hilton Garden, & Residence Inn

FROM NORTH: Clarksville

| | |
|--|---------|
| Take I-24 E toward Nashville | 40.9 mi |
| Keep right on I-24 and take exit 213A toward Chattanooga | 24.5 mi |
| Take Manson Pike/Medical Pkwy Exit 76 | 0.2 mi |
| Keep left to take the Medical Center Pkwy ramp | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.1 mi |
| Stay straight on Medical Center Parkway/Manson Pike | 0.2 mi |
| Take the 2 nd right onto Conference Center Blvd | 0.3 mi |
| <i>All 3 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i> | |

FROM SOUTH: Chattanooga

| | |
|---|----------|
| Merge onto I-24 W toward Nashville/Birmingham (passing through GA, then crossing back into TN) | 103.3 mi |
| Take Manson Pike/Medical Center Pkwy Exit 76 | 0.3 mi |
| Keep right to take the Medical Center Pkwy ramp (If you reach I-24 W, you have gone 0.4 miles too far) | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.02 mi |
| Take the 2 nd right onto Conference Center Blvd | 0.3 mi |
| <i>All 3 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i> | |

FROM EAST: Knoxville

| | |
|--|----------|
| Take I-40 W toward Knoxville | 152.9 mi |
| Merge onto 840 W via exit 235 toward Murfreesboro | 24.0 mi |
| Merge onto I-24 E via exit 53A toward Chattanooga | 2.0 mi |
| Take Manson Pike/Medical Pkwy Exit 76 | 0.2 mi |
| Keep left to take the Medical Center Pkwy ramp | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.1 mi |
| Stay straight on Medical Center Parkway/Manson Pike | 0.2 mi |
| Take the 2 nd right onto Conference Center Blvd | 0.3 mi |
| <i>All 3 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i> | |

FROM WEST: Memphis

| | |
|--|----------|
| Take I-40 E toward Nashville | 195.2 mi |
| Merge onto I-440 E via exit 2016 toward Knoxville | 7.4 mi |
| Merge onto I-24 E toward Chattanooga | 23.6 |
| Take Manson Pike/Medical Pkwy Exit 76 | 0.2 mi |
| Keep left to take the Medical Center Pkwy ramp | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.1 mi |
| Stay straight on Medical Center Parkway/Manson Pike | 0.2 mi |
| Take the 2 nd right onto Conference Center Blvd | 0.3 mi |
| <i>All 3 hotels are on Conference Center Blvd with Embassy and Courtyard at the end.</i> | |

Hotel Directions

Directions to Holiday Inn (1453 Silohill Lane, Murfreesboro)

FROM NORTH: Clarksville

| | |
|--|---------|
| Take I-24 E toward Nashville | 40.9 mi |
| Keep right on I-24 and take exit 213A toward Chattanooga | 24.5 mi |
| Take Manson Pike/Medical Pkwy Exit 76 | 0.2 mi |
| Keep left to take the Medical Center Pkwy ramp | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.1 mi |
| Stay straight on Medical Center Parkway/Manson Pike | 0.2 mi |
| Take the 1 st right onto Silohill Lane | 0.1 mi |

Holiday Inn is on the right.

FROM SOUTH: Chattanooga

| | |
|---|----------|
| Merge onto I-24 W toward Nashville/Birmingham (passing through GA, then crossing back into TN) | 103.3 mi |
| Take Manson Pike/Medical Center Pkwy Exit 76 | 0.3 mi |
| Keep right to take the Medical Center Pkwy ramp (If you reach I-24 W, you have gone 0.4 miles too far) | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.02 mi |
| Take the 1 st right onto Silohill Lane | 0.1 mi |

Holiday Inn is on the right.

FROM EAST: Knoxville

| | |
|---|----------|
| Take I-40 W toward Knoxville | 152.9 mi |
| Merge onto 840 W via exit 235 toward Murfreesboro | 24.0 mi |
| Merge onto I-24 E via exit 53A toward Chattanooga | 2.0 mi |
| Take Manson Pike/Medical Pkwy Exit 76 | 0.2 mi |
| Keep left to take the Medical Center Pkwy ramp | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.1 mi |
| Stay straight on Medical Center Parkway/Manson Pike | 0.2 mi |
| Take the 1 st right onto Silohill Lane | 0.1 mi |

Holiday Inn is on the right.

FROM WEST: Memphis

| | |
|---|----------|
| Take I-40 E toward Nashville | 195.2 mi |
| Merge onto I-440 E via exit 2016 toward Knoxville | 7.4 mi |
| Merge onto I-24 E toward Chattanooga | 23.6 |
| Take Manson Pike/Medical Pkwy Exit 76 | 0.2 mi |
| Keep left to take the Medical Center Pkwy ramp | 0.05 mi |
| Turn slight left onto Medical Center Pkwy/Manson Pike | 0.1 mi |
| Stay straight on Medical Center Parkway/Manson Pike | 0.2 mi |
| Take the 1 st right onto Silohill Lane | 0.1 mi |

Holiday Inn is on the right.

Hotel Directions

Directions to Holiday Inn Express and Fairfield Inn (165 and 175 Chaffin Place)

FROM NORTH: Clarksville

| | |
|--|---------|
| Take I-24 E toward Nashville | 40.9 mi |
| Keep right on I-24 and take exit 213A toward Chattanooga | 26.7 mi |
| Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward | 0.2 mi |
| Continue on TN-96E/Old Fort Pkwy | 0.6 mi |
| Turn right onto Chaffin Place | 0.3 mi |

Holiday Inn Express and Fairfield in will both be on your left.

FROM SOUTH: Chattanooga

| | |
|---|--------|
| Merge onto I-24 W toward Nashville/Birmingham (passing through GA, then crossing back into TN) | 101 mi |
| Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward | 0.2 mi |
| Continue on TN-96E/Old Fort Pkwy | 0.4 mi |
| Turn right onto Chaffin Place | 0.3 mi |

Holiday Inn Express and Fairfield in will both be on your left.

FROM EAST: Knoxville

| | |
|---|----------|
| Take I-40 W toward Knoxville | 152.9 mi |
| Merge onto 840 W via exit 235 toward Murfreesboro | 24.0 mi |
| Merge onto I-24 E via exit 53A toward Chattanooga | 4.2 mi |
| Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward | 0.2 mi |
| Continue on TN-96E/Old Fort Pkwy | 0.6 mi |
| Turn right onto Chaffin Place | 0.3 mi |

Holiday Inn Express and Fairfield in will both be on your left.

FROM WEST: Memphis

| | |
|---|----------|
| Take I-40 E toward Nashville | 195.2 mi |
| Merge onto I-440 E via exit 2016 toward Knoxville | 7.4 mi |
| Merge onto I-24 E toward Chattanooga | 26 mi |
| Take exit 78B to merge onto TN-96E/Old Fort Pkwy toward | 0.2 mi |
| Continue on TN-96E/Old Fort Pkwy | 0.6 mi |
| Turn right onto Chaffin Place | 0.3 mi |

Holiday Inn Express and Fairfield in will both be on your left.

Conference Schedule Overview

Conference attendees can earn up to 20 hours of training by attending the opening ceremony, keynote lunch, workshops and TFACA breakfast.

| | |
|------------|--|
| FRIDAY | September 13, 2019 |
| 10:00-8:00 | Friday Check-In (Embassy Lobby) |
| 12:00-5:30 | Workshops |
| 6:00-6:30 | <i>Finding Our Groove</i> Opening Ceremony (1 training hour) |
| 6:30-8:30 | Decades Dinner & Dance Party |
| SATURDAY | September 14, 2019 |
| 7:00-4:30 | Saturday Check-In |
| 8:00-12:30 | Workshops |
| 12:30-2:30 | <i>Foster Parents Rock</i> Keynote Lunch (2 training hours) |
| 3:00-6:30 | Workshops |
| 6:30 | Dinner on Your Own |
| SUNDAY | September 15, 2019 |
| 7:00-9:00 | <i>Let the Good Times Roll</i> TFACA Breakfast 7:00 Breakfast Served + Jazz 8:00 TFACA Meeting (1 training hour) |
| 9:30-1:30 | Workshops end by 1:30 |
| 1:30 | END OF CONFERENCE |

2019 Keynote Speaker



Josh Shipp

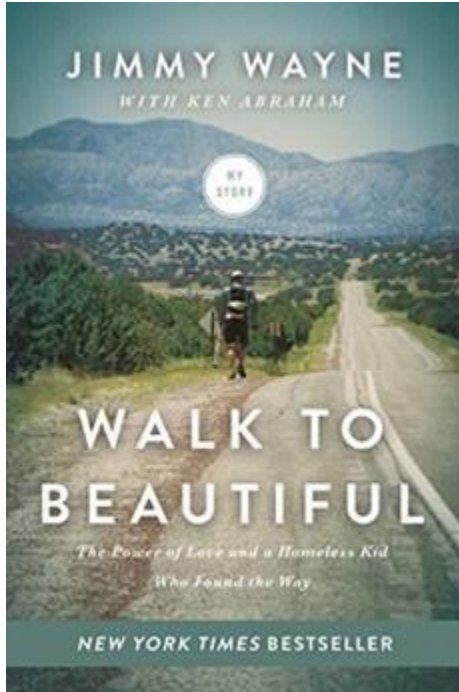
Josh Shipp is a bestselling author, motivational speaker and TV personality. He is known for his TEDx talk entitled “Every Kid is One Caring Adult Away from Being a Success Story” and his television programs including Teen Trouble, which aired on Lifetime and A&E executive produced by Ellen Rakieta of The Oprah Winfrey Show. Josh was president of Oklahoma DECA in high school and began speaking professionally at the age of 17. He has since spoken at large events such as the National FFA convention and the SADD National Convention. Josh has been a spokesperson for National Foster Care Month, wrote a teen advice column for CosmoGIRL!, and appeared as a teen advice correspondent on MTV’s Total Request Live. His recent work focuses on the impact parents, teachers, and caring adults have in the life of a child.

New foster parents will remember Josh Shipp from the PATH Informational Meeting.

From Josh Shipp’s Website:

Statistically, Josh Shipp should be dead, in jail, or homeless, but his success as a preeminent author, speaker, and global youth empowerment expert is living proof of the power of one caring adult. A former at-risk foster kid turned youth advocate, Josh is renowned for the documentary TV series on A&E that followed his groundbreaking work with youth and families. He has written two national bestsellers to date, “The Grown-Up’s Guide to Teenage Humans” – winner of the Nautilus Gold Award for Parenting & Family – and “The Teen’s Guide to World Domination.”

Conference Book Club:
Walk to Beautiful
by Jimmy Wayne



This year we are excited to offer a book discussion featuring the book *Walk to Beautiful* by Jimmy Wayne.

Parents who register for this workshop should read the book prior to attending and come prepared to participate in a facilitated discussion with DCS trainers and other foster parents.

Parents who complete the book and participate in this one-hour workshop will receive a total of **three (3) training credit hours**. This workshop will be held Saturday from 3:00 PM to 4:00 PM.

Find this book at your local library, bookstore, or online wherever books are sold.

From the cover:

Walk to Beautiful is the powerfully emotive account of Jimmy's horrendous childhood and the love shown him by Russell and Bea Costner, the elderly couple who gave him a stable home and provided the chance to complete his education. Jimmy says of Bea, "She changed every cell in my body."

It also chronicles Jimmy's rise to fame in the music industry and his Meet Me Halfway campaign: his walk halfway across America, 1,700 miles from Nashville to Phoenix, to raise awareness for foster kids.

Join Jimmy on his walk to beautiful and see how one person really can make a difference.

For additional books and videos, visit the Approved Training Media page on the Foster Parent Training website:

<https://www.tn.gov/dcs/program-areas/training/tpd/fpt/t/opportunities/media.html>

2019 Foster Parent Training Guidelines and Updates

Training Requirements can be found online at:

<https://files.dcs.tn.gov/policies/chap16/ReqIn-ServiceTrainingChartFP.pdf>

First Year Parents-required courses include

- Working with the Education System (CBT)
- Creating Normalcy through Prudent Parenting
- What to Know About Child Exploitation and Human Trafficking
- Preserving Kindship Families (applies to Kinship Families only)
- One trauma related training
- Additional training hours to meet 15 hour annual requirement

Second Year Parents-requirements include:

- CPR & First Aid Refresher every 2 years (4 hours)
- Medication Administration Refresher every 2 years (2 hours)
- A total of 15 training hours are required (this includes CPR & First Aid and Medication Administration)

Third Year, Fourth Year and Special Population Parents:

- Refer to DCS Foster Parent Training Requirements or talk to your DCS worker

For more information, please contact your Foster Parent Support Worker.

Conference staff will not be able to advise you on which workshops to take or provide detailed information about your home's specific training requirements.

Workshop Themes and Class Series Information

This page is designed to help you quickly identify workshops about specific topics or themes foster parents may be interested in. You will need to reference the workshop schedules and workshop descriptions for more information.

2019 Class Series:

*You must take every class in the series to receive credit.

- Game of Conflict: Balance is Coming Part I, II and III
- Trauma Informed Parenting Strategies (TIPS) Part I and II
- Youth Mental Health First Aid Part I and II

2019 Trauma Courses

(These courses meet the trauma training requirement)

- Building Strong Brains
- Caring for the Child with Sexual Trauma
- Empowered to Connect: Trust Based Relational Interventions (TBRI)
- Game of Conflict: Balance Is Coming Part I, II and III
- Positive Parenting
- Rhythm of Relationships
- Secondary Trauma
- Suicide Prevention/Question, Persuade, Refer
- Trauma Informed Parenting Strategies (TIPS) Part I and II
- Trauma Sensitive Discipline
- Understanding How Adversity and Trauma Affect Children
- Youth Mental Health First Aid Part I and II

2019 Culture Courses

(These courses are interchangeable for cultural competency coursework)

- HAPPY Film
- Healthy Haircare
- Our Unconscious Brain: Implicit Bias
- Poverty Simulation

Workshop Selection Guide: Friday Afternoon

You may register for any classes, regardless if they are part of the same track, as long as the class times do not overlap. Tracks are recommended to help maximize your training time and avoid overlapping classes

Friday Afternoon Track One

*If selecting this workshop, it will be the only workshop taken on Friday.

| |
|-------------------------------|
| Full Afternoon Session |
| 1:00-5:00 CPR & First Aid |

Friday Afternoon Track Two

For the most training hours possible, select any class from Session One and any class from Two.

| Session ONE | Session TWO |
|---|---|
| 12:00-3:00 Trauma Informed Parenting Strategies (TIPS) Part I (Must Take Part II) | 3:30-5:30 Rhythm of Relationships: Healing Trauma's Effects on the Brain and Body |
| 12:00-3:00 Secondary Trauma | 3:30-5:30 Basics of Autism |
| 12:00-3:00 Creating Normalcy through Prudent Parenting | 3:30-5:30 Paradigm Shift: One School's Journey of Becoming Trauma-Informed |
| 12:00-3:00 Creating Teachable Moments | |
| 12:00-3:00 Poverty Simulation | |

Friday Afternoon Track Three

For the most training hours possible, select any class from Session One and any class from Two.

| Session ONE | Session TWO |
|--|---|
| 12:00-2:00 What to Know about Childhood Exploitation and Human Trafficking | 2:30-5:30 Child and Family Team Meetings |
| 12:00-2:00 Teen Connect Overview | 2:30-5:30 My Story...So Far (Life Books) |
| 12:00-2:00 Our Unconscious Brains: Exploring Implicit Bias | 2:30-5:30 NAS/Safe Sleep |
| 12:00-2:00 Building Strong Brains | 2:30-5:30 Loving and Letting Go |
| 12:00-2:00 Success Beyond 18 | 2:30-5:30 Your Money, Your Goals |
| 12:00-2:00 Tennessee Safe Baby Courts: What It Means for Foster Parents | 2:30-5:30 Impact of Fostering on Birth Children |
| 12:00-2:00 Traveling the Empath Road on Our Journey towards Resilience | |
| 12:00-2:00 KEEP Overview | |

Workshop Selection Guide: Saturday Morning

You may register for any classes, regardless if they are part of the same track, as long as the class times do not overlap. Tracks are recommended to help maximize your training time and avoid overlapping classes

Saturday Morning Track One

*If selecting one of these workshops, it will be the only workshop taken on Saturday morning.

| Full Morning Session |
|---|
| 8:00-12:00 CPR & First Aid |
| 8:00-12:00 Youth Mental Health First Aid Part I (Must Take Part II) |

Saturday Morning Track Two

*For the most training hours possible, select any class from Session One and any class from Two.

| Session ONE | Session TWO |
|--|--|
| 8:00-9:00 Have You Heard? The Untapped Goldmine of BCBS Care Management Services | 9:30-12:30 Trauma Informed Parenting Strategies (TIPS) Part II (Must Take Part I) |
| 8:00-9:00 Caring for the Mind and Body through Yoga | 9:30-12:30 Creating Normalcy through Prudent Parenting |
| 8:00-9:00 Understanding Sexualized Behavior in Children | 9:30-12:30 Game of Conflict: Balance Is Coming Part I (Must Take Part II and III) |
| 8:00-9:00 How to Coordinate EPSD&T Services Like a Pro | 9:30-12:30 Understanding How Adversity and Trauma Affect Children: Tips for Caregivers |
| 8:00-9:00 Empowering Foster Parent Association Leaders | 9:30-12:30 Working with Birth Parents and Visitation |
| 8:00-9:00 Received a Referral: Now What? | |
| 8:00-9:00 CORE: Teens Overview | |
| 8:00-9:00 Understanding the Adoption Process | |

Saturday Morning Track Three

*For the most training hours possible, select any class from Session One and any class from Two.

| Session ONE | Session TWO |
|---|---|
| 8:00-10:00 Empowered to Connect-Trust Based Relational Intervention | 10:30-12:30 Rhythm is Regulating: Somatosensory Activities for Traumatized Children |
| 8:00-10:00 Improving Developmental and Sensory Processing in Children Affected by NAS | 10:30-12:30 Darkness to Light: Stewards of Children |
| 8:00-10:00 Cut Your Spending Even if the Cost of Kids is Breaking the Bank | 10:30-12:30 Suicide Prevention (Question, Persuade, Refer) |
| 8:00-10:00 What to Know about Childhood Exploitation and Human Trafficking | 10:30-12:30 Nutrition Across the Life Span |
| 8:00-10:00 Fostering the Justice Involved Youth | |
| 8:00-10:00 Foster Parent Bill of Rights | |

Workshop Selection Guide: Saturday Afternoon

You may register for any classes, regardless if they are part of the same track, as long as the class times do not overlap. Tracks are recommended to help maximize your training time and avoid overlapping classes

Saturday Afternoon Track One

*If selecting one of these workshops, it will be the only workshop taken on Saturday afternoon.

| |
|--|
| Full Afternoon Session |
| 2:45-6:45 CPR & First Aid |
| 3:00-6:00 Creating Normalcy through Prudent Parenting |
| 3:00-6:00 Navigating the DCS Legal System |
| 3:00-6:30 Game of Conflict: Balance Is Coming Part II (Must Take Part I and III) |

Saturday Afternoon Track Two

*For the most training hours possible, select any class from Session One and any class from Two.

| Session ONE | Session TWO |
|--|--|
| 3:00-4:00 Fostering Better Health: A BCBS Foster Parent Advisory Panel Discussion | 4:30-6:30 What to Know about Childhood Exploitation and Human Trafficking |
| 3:00-4:00 Preventing Teen Runaways and Truancy | 4:30-6:30 Social Media Safety |
| 3:00-4:00 Addressing the Opioid Epidemic in the State of Tennessee through Collaboration | 4:30-6:30 Happy (Film) |
| 3:00-4:00 Conference Book Club: Walk to Beautiful by Jimmy Wayne | 4:30-6:30 TFACTS, Edison, and WebEx: Foster Parents and the New Computer-Based Systems |
| 3:00-4:00 Setting the Course for the Next Five Years: Introduction to Child & Family Service Reviews and the Child & Family Service Plan | 4:30-6:30 Families Having Fun and Moving More |
| 3:00-4:00 CASA: The Intricacies of CASA as it Weaves throughout the Child & Family Team | 4:30-6:30 Medication Administration Refresher |
| | 4:30-6:30 Keeping Your Rhythm: Remembering Self Care for YOU |
| | 4:30-6:30 Healthy Haircare |
| | 4:30-6:30 Trauma Sensitive Discipline |
| | 4:30-6:30 Self Care for Foster Parents |

Workshop Selection Guide: Sunday Morning

*Participants can earn between 1 and 5 credit hours on Sunday depending on activities and classes chosen.

Sunday Morning Track One

*If selecting one of these workshops, it will be the only workshop taken on Sunday.

| Full Morning Session |
|---|
| 9:30-12:30 Caring for the Child with Sexual Trauma |
| 9:30-12:30 Creating Teachable Moments |
| 9:30-12:30 Creating Normalcy through Prudent Parenting |
| 9:30-12:30 Helping Children Make Transitions |
| 9:30-12:30 Positive Parenting |
| 9:30-12:30 Working with Birth Parents and Visitation |
| 9:30-12:30 Preserving Kinship Families |
| 9:30-12:30 Game of Conflict: Balance Is Coming Part III (Must Take Part I and II) |
| 9:30-1:30 CPR & First Aid |
| 9:30-1:30 Youth Mental Health First Aid Part II (Must Take Part I) |

Sunday Morning Track Two

For the most training hours possible, select any class from Session One and any class from Two.

| Session ONE | Session TWO |
|---|--|
| 9:30-11:30 Recognizing and Responding to Human Trafficking in Minors (allowed substitute for What To Know about Childhood Exploitation and Human Trafficking) | 11:45-12:45 Important Healthcare Information Every Foster Parent Needs to Know |
| 9:30-11:30 Building Strong Brains | 11:45-12:45 2020 PATH Overview |
| 9:30-11:30 Engaging and Parenting Teens | 11:45-12:45 Caring for the Mind and Body through Yoga |
| 9:30-11:30 Gang Awareness and Prevention | 11:45-12:45 Resource Linkage: Community Partnering and Volunteering with DCS |
| 9:30-11:30 What to Know About Childhood Exploitation and Human Trafficking | 11:45-12:45 TN FPC Your Voice in Action |

Workshop Descriptions (listed alphabetically)

2020 PATH Overview

Presenter/Agency: Andrea Nash, DCS

In this workshop, participants will have an opportunity to review the core concepts offered in the newly revised PATH course. The hour will be spent exploring concepts such as the complexity of stress on children who enter care, the importance of relationship building in improving resiliency, and how to reroute behaviors caused by trauma.

Addressing the Opioid Epidemic in the State of Tennessee through Collaboration

Presenter/Agency: Angie Finch, RN, CIC, BCBS

Each day in Tennessee, at least three people die from an opioid-related overdose, which is more than the number of daily traffic fatalities. This epidemic does not discriminate and knows no boundaries. It devastates families and harms communities across Tennessee. Driven largely by the opioid epidemic, the number of kids entering foster care in Tennessee has jumped by more than 10.3% in the past two years. Children with a parent or parents addicted to drugs tend to stay in foster care longer, and usually having experienced significant trauma. Through collaboration of all healthcare facilities, healthcare providers and state agencies/officials, we can and must do better.

We will discuss the BlueCare Opioid strategy and the 4 major components:

- Primary Prevention
- Increasing access to treatment: Specialty MAT Network
- Focused patient engagement: Early detection, interventions to reduce impact of opioid misuse.
- Provider engagement: support, educate/train providers on opiate prescribing.

During this presentation we will discuss the risk factors for substance abuse, physical and behavioral changes that can suggest opioid addiction and how to find resources.

Basics of Autism

Presenter/Agency: TRIAD Program Staff, Vanderbilt

This presentation will focus on the symptoms of Autism Spectrum Disorder (ASD) and how it affects every person differently. Participants will learn about the core characteristics of ASD and how those impact a child's learning and behavior. Participants will also be provided with an overview of recommended services for children with ASD. A few simple strategies for supporting children with ASD, specifically related to communication and behavior, will also be discussed.

Building Strong Brains: Tennessee's ACEs Initiative

This course meets the trauma training requirement.

Friday Offering Presenter/Agency: Laura Matthews and Joe Puckett, DCS

Sunday Offering Presenter/Agency: Jana Elkins and Savonna Armstrong, DCS

Tennessee's ACEs Initiative is an effort to impact understanding of the latest brain science to prevent and mitigate the impact of adverse childhood experiences. In this workshop, participants will gain an understanding of how early childhood experiences impact brain development, learn four core concepts of development, learn how healthy child development is the foundation of the individual child and our communities as well as gain a basic understanding of neural development. Participants will also learn how intergenerational transmission of early adversity occurs and how early life stress impacts life-long health and development. Finally, participants will learn what can be done to remediate the effects of ACEs.

Caring for the Child with Sexual Trauma

This course meets the trauma training requirement.

Presenter/Agency: Harmony Family Center

This training addresses issues of coping with and responding to disclosures, managing sexual acting-out behaviors, developing family rules that are relevant to the sexually abused child, understanding myths and realities of sexual abuse, realizing the important role of therapy, and understanding the potential outcomes for children who have been victimized.

Caring for the Mind and Body through Yoga

Presenter/Agency: Lauren Thomas, Harmony Family Center

Suitable for first-time and experienced yoga students- no previous experience required. We will practice gentle postures and breathing techniques to create a sense of balance, settle the nervous system, and calm the body and mind. Come enjoy an hour long workshop to practice self-care, relieve tension and stress, and develop simple relaxation techniques to incorporate into your daily life.

CASA: The Intricacies of CASA as it Weaves throughout the Child and Family Team

Presenter/Agency: Lynne Farrar and Wendy Spence, CASA

This workshop will cover the mission of CASA (Court Appointed Special Advocates) from the local level, through the state and national network. Everyday situations in regards to a child's journey through placement will be explored from the standpoint of the team. Topics will include:

- Basics of CASA Advocacy-what does a CASA volunteer do?
- State Statute for CASA
- CASA's place in the child welfare system
- Panel to include members of the Child & Family Team, i.e., local CASA director, foster parent, DCS, GAL, Judge
- Collaboration throughout the team for the best interest of the child

- Discussion of typical scenarios and how to address them
- Questions and answers

Child and Family Team Meetings

Presenter/Agency: Lindsay Smith, Director of Permanency Planning, DCS

In this workshop, participants will learn the purpose of Child and Family Team Meetings (CFTM), the importance of participating in CFTMs and the roles and responsibilities of foster parents in the CFTM, when to request a CFTM, and how to interact as part of the Child and Family Team.

Conference Book Club: Walk to Beautiful by Jimmy Wayne

Presenter/Agency: Angela Hanson and Andrea Nash, DCS

During this session, participants will engage in a facilitated discussion about the book *Walk to Beautiful* by Jimmy Wayne. Attendees should read the book prior to the workshop and come prepared to participate in discussion.

From the cover:

Walk to Beautiful is the powerfully emotive account of Jimmy's horrendous childhood and the love shown him by Russell and Bea Costner, the elderly couple who gave him a stable home and provided the chance to complete his education. Jimmy says of Bea, "She changed every cell in my body."

It also chronicles Jimmy's rise to fame in the music industry and his Meet Me Halfway campaign: his walk halfway across America, 1,700 miles from Nashville to Phoenix, to raise awareness for foster kids.

Join Jimmy on his walk to beautiful and see how one person really can make a difference.

CORE: Teens Overview

Presenter/Agency: Andrea Nash and Bethany Henderson, DCS

CORE: Teens seeks to provide increased stability and permanency for older youth by better preparing foster parents to conduct self-assessments to determine their ability to parent teens and meet the unique needs of youth that struggle with moderate to serious behavioral challenges. This overview workshop will introduce participants to the curriculum.

CPR & First Aid

Presenter/Agency: New Vision

This course, required of all foster parents, instructs participants in the basic CPR and first aid skills that can sustain or save a life while professional emergency help is on the way. This training will make the home and work environment safer by preventing illness and injury as well as allowing parents to quickly recognize and respond to emergencies.

Creating Normalcy through Prudent Parenting

Presenter/Agency: Harmony Family Center

This 3-hour course, required of all foster parents, introduces and instructs participants on how to create normalcy through the reasonable, prudent parent standard, which is

characterized by careful, thoughtful parental decision-making that is intended to maintain a child's health, safety and best interest, while creating a more normal life. Participants will be able to recognize the importance of normalcy, implement the prudent parent standard and learn more about providing access to age appropriate activities.

Creating Teachable Moments

Presenter/Agency: New Vision

This course was created to address the skills that youth need in order to navigate life in the direction of success. The tools youth need are easily obtained with the help of a significant personal connection who takes an interest in teaching them. This course will discuss the ways we work with our youth, which falls into two categories: teaching tangible skills (such as problem solving, planning, decision-making, time management, communication and interpersonal relations) and teaching intangible skills (such as cooking, budgeting or how to get a summer job). Caregivers can provide these skills by creating teachable moments with youth. This material will help foster parents have a better understanding of the lasting impact they can have on a youth's future.

Cut Your Spending Even if the Cost of Kids Is Breaking the Bank

Presenter/Agency: Rob Bertman, CFP, CFA

Learn an innovative way to reduce your spending even if the cost of raising kids is breaking the bank, budgeting hasn't worked for you in the past, and even if you have recurring spending arguments with your spouse. Parents often struggle to find money in their budget while raising kids. This can stress the relationship between parents and their kids because money is tight from month-to-month and they feel behind on saving for the future. The problem is that traditional budgeting doesn't work for most people. It's restrictive and hard to stick to. Rob will teach his Keep, Cut Back, Eliminate budgeting technique to help you figure out how to sustainably reduce spending even if you feel there's nothing you can do. Use this extra money to build savings and pay back debt. This session is especially effective for couples but works for single parents as well.

Darkness to Light: Stewards of Children

Presenter/Agency: Brittnie Noble, Child Advocacy Center of Rutherford County, Inc.

One out of ten children will be sexually abused before their 18th birthday. This means that in a school classroom of 20 children there are two children who are bearing the burden of child sexual abuse alone and need our help. For abused children, their classroom teacher may be the only safe adult in their lives. That is why it is critical for us to work together to train teachers, school personnel, professionals, and all members of our community how to recognize the abused children who are in their classrooms and report the abuse. The Darkness to Light curriculum is DHS approved for child care licensing requirements and DCS approved for foster parent training. Stewards of Children is also approved for 2 contact hours by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This means that Stewards is approved nationally, except California and Florida. Darkness to Light provides trainings that

are approved for continuing education hours for different professionals, including educators, nurses, social workers, counselors, law enforcement, and more.

Empowered to Connect/Trust Based Relational Intervention (TBRI)

(*This course meets the trauma training requirement)

Presenter/Agency: Michelle Whaley and Lena Allen, Harmony Family Center

TBRI® is a holistic approach that is multi-disciplinary, flexible, attachment-centered and challenging. It is a trauma-informed intervention that is specifically designed for children who come from “hard places” of maltreatment, abuse, neglect, multiple home placements and violence, but you’ll see that the principles apply to all children. TBRI® consists of three sets of harmonious principles: connecting, empowering and correcting. In this course, we will provide an overview of these principles.

Empowering Foster Parent Association Leaders

Presenter/Agency: Marion Rhines, TFACA

This workshop will give association leaders a clear plan on what steps to take to get an association started, how to recruit members, and identify their statewide support members. The governing elements of local associations will be covered, including how to conduct meetings and IRS and TFACA requirements. The Minimum Standards for Local Associations will also be explained. This workshop is open to anyone interested in starting or growing a local association and those interested in the operations of the Tennessee Foster and Adoptive Care Association (TFACA).

Engaging and Parenting Teens

Presenter/Agency: Synnamon Taylor, DCS

This course will showcase the benefits of being a foster parent for teens and discuss adolescent development in relation to behaviors, identity, peers, and family and the relationship between interdependence and positive youth development.

Families Having Fun and Moving More

Presenter/Agency: Taime Griffin, M.S., B.S., CHES, CHWC, and Shelia Bates, MSSW, BA, CHES, BCBS

Children entering foster care may be dealing with a variety of health problems such as malnutrition, failure to thrive, obesity, developmental delays, attachment issues and the results of emotional neglect. In this interactive session, participants will learn:

- How family physical activity and play function as powerful interventions to improve these problems
- Easy ways to increase physical activity in daily life
- Free and low-cost resources for family activities

Note: Participants should wear comfortable clothes suitable for playing games.

Foster Parent Bill of Rights

Presenter/Agency: Nancy Woodall, Foster Parent Advocacy Program, and Johnetta Lane, Harmony Family Center

This workshop covers the 25 tenets and subsequent amendments that govern the way foster parents are viewed and treated as part of the professional team that serves children in the child welfare system of Tennessee. The Foster Parent Bill of Rights outlines the department's commitment to providing foster parents with the support, training and resources they need to provide for Tennessee's foster children.

Fostering Better Health: A Foster Parent Advisory Panel Discussion with BCBS

Presenter/Agency: Crystal Howard, MAEd., CHES, and Ketre Commons, MBA, AIU, BCBS

Blue Cross Blue Shield is here to help you understand and get the most out of your healthcare benefits. Come join us for an exciting panel lead discussion to learn more about:

- Your child's health benefits
- Local resources that can help you and your family
- Upcoming BlueCare Tennessee events

We also want to hear and learn from you! Come prepared to discuss any success you have experienced with your benefits as well as ways your benefits can be improved.

Fostering the Justice Involved Youth

This workshop may be substituted for Parenting the Justice Involved Youth CBT.

Presenter/Agency: Tyran Copeland and Misty Neeley, MSW, DCS

Fostering Justice-Involved Youth presentation an overview of the Juvenile Justice System and the impact of trauma and maltreatment on the developing brain. Participants will gain an understanding of how providing a therapeutic home environment can help justice-involved youth transition successfully back into the community.

Game of Conflict: Balance is Coming (Must Take Part I, II and III)

This course meets the trauma training requirement.

Presenter/Agency: Maggie Canelles-Lundholm, MA, and Keshma Odeny, MA, DCS

Game of Conflict teaches participants how to recognize healthy versus compromised emotional systems in youth, families, and themselves and how to utilize concepts of emotional regulation and attachment as it relates to behaviors. This training will show participants how to understand the functions of maladaptive behaviors using our own interactions, feelings, and behaviors and how to handle conflict in a respectful, positive way to strengthen relationships.

Gang Awareness and Prevention

Presenter/Agency: Terry Johnson, DARE Officer, Memphis Police Dept.

Gangs pose a dangerous and direct threat to our children, our schools and our community. To help empower parents and combat the rise of gang activity, this workshop aims to

increase awareness about the presence of gangs throughout our community. This class will discuss what Tennessee laws say regarding criminal street gangs, different origins of gang activity, and methods of identifying and dealing with criminal street gangs in the community. It will inform parents about the range of gangs in our community, the signs and symbols used by gangs and ways to proactively prevent your child from joining a gang.

HAPPY Film

This course meets the culture training requirement.

Presenter/Agency: Angela Strickland, DCS

HAPPY is an award-winning documentary that takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories of people from around the world and powerful interviews with the leading scientists in happiness research, HAPPY explores the secrets behind our most valued emotion. Participants will watch and explore ideas presented in the film and consider ways to apply them to their own lives.

Have You Heard? The Untapped Gold Mine of Care Management with BCBS

Presenter/Agency: Marie Lawson, RN and Melanie Markiewicz, RN, BCBS

Children entering foster care may need one on one help when they face health and behavior challenges and/or need support to stay healthy. In this interactive session, foster parents will be aware that:

- Care Management is available whether the child is well or needs assistance with conditions like diabetes, asthma, weight management, anxiety, substance use disorders, and depression.
- Care Management assists with interventions such as pharmacy benefits, coordination care with the child's physicians and locating community resources.
- Care Management is part of the child's TennCareSelect benefit and is a voluntary program.

Healthy Haircare

This course meets the culture training requirement.

Presenter/Agency: Tamika Turner, The Institute of Beauty

Caring for your child's hair can be a daunting experience, but it doesn't have to be. In this class you will how to master the art of caring for ethnic hair through education regarding the right technique and the right products. This class will educate parents on product knowledge and how to identify hair types and textures. We will also teach 2 hands on techniques so that parents will feel empowered and confident in creating beautiful styles and help build the confidence of their children.

Helping Children Make Transitions

Presenter/Agency: Harmony Family Center

The course provides participants with information that will help them to work with children who are in transition. Understanding the issues faced by these children and their families

as they move from one setting to another is the focus of this course. Techniques to help children through this time of trauma, with emphasis on maintaining significant relationships, are discussed.

How to Coordinate EPSD&T Appointments Like a Pro

Presenter/Agency: DCS Nurse

In this presentation, participants will learn about Early Periodic Screening, Diagnosis, and Treatment (EPSD&T) policy and protocol, what to expect at an appointment, what paperwork is needed at the appointment, the different types of screenings involved in EPSD&T, and details about the 72 hour screening.

Impact of Fostering on Birth Children

Presenter/Agency: Harmony Family Center

Adding a foster child to the household naturally stirs up a variety of emotions. Birth children of foster parents may be excited at the prospect of a new child in the home, but at the same time may be jealous of the time and energy their parents devote to the new child. This course explores what birth children may feel through all phases of the fostering process and offers tips for helping them cope.

Important Healthcare Information Every Parent Needs to Know

Presenter/Agency: Betsy Lowe and Melandie Akins, DCS

This class will provide Foster Parents with insight into the importance of clear communication between the healthcare providers, DCS (FSW & Regional Health Unit Nurse) and the Foster Parent. Discuss the medication consent process and how to ensure medications are provided in a safe and timely manner.

Improving Developmental and Sensory Processing Function in Children Affected by NAS: A Physical and Occupational Therapy Approach

Presenter/Agency: Crystal Henley, OT and Jennifer Walkup, PT

This course will provide an overview of the impact that neonatal drug exposure can have on babies as well as older children in regards to gross and fine motor development and sensory processing. It will discuss the purposes of occupational and physical therapy and how they can help to improve deficits caused by NAS. A review of typical and atypical development for newborns through school aged children will be provided in order to recognize red flags indicating difficulties that need to be formally addressed by an occupational and/or physical therapist.

KEEP Overview: Introduction to Keeping Foster and Kinship Parents Trained and Supported

Presenter/Agency: Ashley Raglin and Emily Parks, DCS

Through the Title IV-E waiver-Demonstration Project, DCS has implemented services and supports across both in-home and foster care/placement services. The desired outcomes of In Home Tennessee are to improve the quality of casework services by engaging families

and connecting with stakeholders in designing and delivering individualized services to meet families' needs, enhancing families' capabilities to keep children safe, and building organizational capacity to implement system change to meet the needs of families.

Keeping Your Rhythm: Remembering Self Care for YOU

Presenter/Agency: Jacqueline Page, PhD, University of Tennessee

You have chosen to open your heart and your home to a child in need providing them a safe place to live and a caring environment. There are lots of positives to fostering, but you are not immune to secondary trauma or compassion fatigue. It is likely that you have some type of response to the situations that bring children to your home. So the question is what about you, how are you taking care of yourself? You are likely so busy parenting that you don't take the time to think about you. We'll talk openly about some stressors of fostering and why it is important for you to watch after your own needs with the same diligence and determination you put forth for others. Foster parents rock, and sometimes they roll, and you need to take care of you in order to keep your rhythm.

Loving and Letting Go

Presenter/Agency: New Vision

This workshop will help foster parents address the grief and loss they experience when children in their homes return to their birth parents or other permanent placements. Techniques will also be provided on how to manage the stress that accompanies grief during the transition period of a foster child leaving the home.

Medication Administration Refresher

Presenter/Agency: Belinda Bernard, RN

This refresher course, required for all DCS foster parents every two years, includes an update on medication administration policies and procedures. The course also provides an update on knowledge and safety related to effectively administering medications to children in care. Topics included range from self-storage and disposal of medication to common errors in medication administration.

My Story...So Far! (Life Book Class)

Presenter/Agency: Jan Dick, LCSW, Family and Children's Services, and Julie Flannery, Harmony Family Center

As parents and professionals who care for children, we know that we become a vital part of their "life story" somewhere in the middle – we are "suddenly" moms, dads, trusted helpers. When they become "our" children, for a season or a lifetime, we become the holders of a story that has already begun and will continue into the future. The child we care for has been living a story that is complicated and rich, with nuances of pain and love, loss and resilience. One of the greatest gifts we can give to our children is to understand and honor what began for them long before we knew them and help them feel safe enough to share their story with us. "My Story... So Far!" will offer tools, techniques, and practice with helping children share and make sense of their unique and personal histories.

"If we can share our story with someone who responds with empathy and understanding, shame can't survive." - Brené Brown

NAS/Safe Sleep

Presenter/Agency: Belinda Bernard, RN

This workshop will increase the knowledge of parents who are fostering or considering fostering infants affected by neonatal abstinence syndrome (NAS). Parents will learn to understand the effects on infants exposed to drugs during pregnancy and will also learn non-pharmacological ways to sooth and comfort infants. The ABCs of safe sleep are also covered.

Navigating the Legal System Panel with DCS

Presenter/Agency: Julie Rotella, DCS

This workshop will discuss various aspects of the legal system and address how resource parents can work effectively within the court system. The workshop will address the roles of children's advocates, including a Guardian Ad Litem, and court representatives. Discussion will be held concerning how everyone involved can work toward a partnering relationship.

Nutrition Across the Life Span

Presenter/Agency: Dr. Shayna Smith, PhD, RDN, LDN, Health and Wellness Director, DCS

This workshop will introduce participants to nutritional information from birth to adulthood, including the importance of healthy eating, balanced meals, and introducing new foods to children. Healthy weight maintenance will also be discussed.

Our Unconscious Brain: Exploring Implicit Bias

This course meets the culture training requirement.

Presenter/Agency: Angela Strickland, DCS

This workshop will explore the concept of implicit bias and ways we can be more self-aware. Implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. With a deeper understanding of concepts covered, foster parents will be able to make inclusion and self-awareness a priority within their home and learn strategies for disrupting or reducing unconscious bias.

Paradigm Shift: One School's Journey of Becoming Trauma-Informed

Presenter/Agency: Mathew Portell, Principal, Fall-Hamilton Elementary School

An alarming number of students in American schools today face significant adverse childhood experiences (ACEs), and the various life challenges they bring to the classroom are likely to interfere with their ability to experience school success. In this interactive presentation, we first explore the impacts of trauma and toxic stress on the developing brain and lifelong health and wellness, and how ACEs affect student learning, behavior, and

social-emotional outcomes. Next we explore the process Fall-Hamilton Elementary School went through to ensure all students were supported regardless of their experiences.

Positive Parenting

This course meets the trauma training requirement.

Presenter/Agency: Angela Hanson and Wendy Gentry, DCS

This course centers on building connections and relationships with children who have experienced trauma through foster care. Positive parenting will help parents become more mindful in their interactions with children as well as learning to see behaviors through a trauma lens. Several typical trauma behaviors will be addressed and hands on strategies provided to address big emotions. A focus on observation of behavior as well as nutrition and wellbeing will be discussed. This course is designed to help parents with daily interactions to build connections and strengthen resilience in children.

Poverty Simulation

This course meets the culture training requirement.

Presenter/Agency: LaShonda Randolph, DCS

During this unique learning opportunity, participants will gain a better understanding of the realities of poverty through role-play as members of low-income families. Participants are tasked with providing basic necessities and shelter on a limited budget during the course of a week, and experience the obstacles faced in meeting these needs while navigating interactions with community members such as human service workers, police officers, bill collectors, job interviewers, and others. This simulation is designed to sensitize participants to and to create a broader awareness of the realities of poverty.

Preserving Kinship Families

Presenter/Agency: New Vision

This 3-hour class covers information previously available through Kinship Family Dynamics and Kinship Family Role Conflict. Participants will gain a greater understanding of the factors that are constantly shifting family dynamics from differing communication styles and changes in parental roles to family traditions. Participants will explore ways to adapt to change in family dynamics and learn techniques to address role conflicts that occur as a result of kinship placements. Working with birth parents and how to handle stressors that can occur from being a kinship placement will also be discussed.

Preventing Teen Runaways and Truancy

Presenter/Agency: Synnamon Taylor, DCS

In this workshop, participants will be able to identify common reasons why teens run away, signs that may indicate a teen is thinking about running away, and tools to help prevent running away. Truancy and prevention will also be discussed, as well as ways to develop lasting relationships with teens.

Received a Referral: Now What?

Presenter/Agency: Ikesha Cain, DCS

This presentation will introduce participants on how the Special Investigations Unit and Provider Quality/Foster Home Team work together when residential facilities and foster homes receive allegations of abuse. Participants will learn the process of how foster homes are placed on freeze and how the department works with provider agencies as well as DCS foster home support to ensure appropriate services are placed in the home to support families and children.

Recognizing and Responding to Human Trafficking in Minors

This workshop may be substituted for What to Know about Childhood Exploitation and Human Trafficking.

Presenter/Agency: Natalie Ivey, JD, Community Coalition Against Human Trafficking

This workshop will address common misconceptions surrounding the issue of human trafficking and discuss what human trafficking actually looks like in our community, the prevalence of the problem and the intersection of human trafficking and the foster care system. The training will also provide tips and tools for working with minors who have been exposed to trafficking in the foster care setting.

Resource Linkage: Community Partnering and Volunteering with DCS

Presenter/Agency: Dana Eskridge and Jessica Tucker, DCS

DCS Resource Linkage presents an overview of what Resource Linkage is, how it came into being and how the DCS Resource Linkage program works within both rural and urban region communities to build partnerships that support, empower and enrich the children and families of abuse or neglect. Participants will have an understanding of urban and rural perspectives on DCS Resource Linkage assistance.

Rhythm of Relationships: Healing Trauma's Effect on the Brain and Body

This course meets the trauma training requirement.

Presenter/Agency: Keith Bailey, PhD, Harmony Family Center

When children experience trauma and neglect, it changes the development of their brains and bodies. This workshop will give information on the changes that take place, how it affects behavior, and what rhythmic and relational activities foster parents can use to help children heal and connect.

Rhythm is Regulating: Somatosensory Activities for Traumatized Children

Presenter/Agency: Allison Douglas, Harmony Family Center

This workshop will help families understand the impact of early trauma on children's brain development, emotional regulation and behaviors. We will discover how low brain disorganization often drives our children's behavioral challenges and how playful activities designed to calm and connect, assist children in healing and growing. Come prepared to laugh, play and move!

Secondary Trauma

This course meets the trauma training requirement.

Presenter/Agency: Bethany Farmer and Cindy Hensley, DCS

The intent of this training is to assist participants to be able to recognize the symptoms of Secondary Traumatic Stress and the impact on Child Welfare Professionals, including workers and foster parents. Participants will also understand the negative and positive aspects of helping others who experience trauma. Participants will also learn how Secondary Traumatic Stress differs from other compassion fatigue conditions. The goal of this training is for participants to learn different strategies to combat Secondary Traumatic Stress and to develop a self-care plan to prevent or address Secondary Traumatic Stress symptoms.

Self-Care for Foster Parents

Presenter/Agency: Harmony Family Center

This course focuses on key concepts of caring for children from the child welfare system and ways caregivers can support their own self-care. Participants will learn risks and symptoms of helping others who experience trauma and the impact of Secondary Traumatic Stress. Strategies will be learned and practiced of how to combat burnout through caregiver self-care. Additionally, caregivers will be able to assess their strengths and needs and create plans for quality self-care through small and large group discussions.

Setting the Course for the Next Five Years: Introduction to Child & Family Service Reviews and the Child & Family Service Plan

Presenter/Agency: Tony Nease, Director of Program Evaluation and Beth Kasch, Assistant Director for Program Evaluation, DCS

The U.S. Department of Health and Human Services has set a new vision for child welfare in America. This shift in child welfare is the largest in decades. Tennessee is in process of assessing performance and planning strategies to improve outcomes for our children and families to meet this new vision. This session will include a glimpse into the primary areas of improvement DCS will focus on over the next two years.

Social Media Safety

Presenter/Agency: Presenter pending

This workshop will explore social media safety and teach foster parents ways to help keep their children safe online. Topics include cyberbullying, cyber safety, understanding the dark web, social media safety and more!

Success Beyond 18: Transitioning Youth to Adulthood

Presenter/Agency: Jerresha Tinker and Rashidah Gardner, DCS

The Office of Independent Living helps youth in foster care and young adults who age out prepare for adulthood and become empowered, confident, competent and productive individuals. Federal grants and state funds support education attainment, basic needs such as housing support and staff allocations. This presentation will provide a broad-based

spectrum of services available to help youth successfully transition to adulthood and become proficient in adult living skills. This workshop will provide guidance to foster parents on how to help youth transition by supporting the youth's transition plan as well as how to encourage the youth to have an active voice in order to be empowered to make decisions about their lives, needs and abilities.

Suicide Prevention/Question, Persuade, Refer

This course meets the trauma training requirement.

Presenter/Agency: Carolyn Crane and Tina Mosely, DCS

Foster parents play a significant role in suicide prevention. This presentation cover topics from awareness and primary prevention, to intervention and suicide risk assessments.

Teen Connect Overview

Presenter/Agency: Elizabeth Ellis and Anna Richmond, DCS

Parent Connect Group is an attachment based parenting program for birth parents focused on strengthening the building blocks of secure attachment with teens. This workshop presents an overview of the program.

Tennessee Safe Baby Courts: What It Means for Foster Families

Presenter/Agency: Rebecca Bevans, DCS

Safe Baby Court is a specialized court program that was established for infants and toddlers (birth through 3 years of age). The program strives to find new ways for families to connect with community service providers and provide a strong foundation for infant mental health. The goal is to reduce maltreatment and traumatic experience during significant brain development of infants and toddlers, while increasing family accountability in conjunction with community program interaction to achieve permanency.

Children served are either at risk of entering foster care or currently in care. Participants will learn about the Safe Baby Court program in Tennessee and learn the role foster parents play in Safe Baby Court and how they can support the children and families involved.

TFACTS, Edison, and WebEx: Foster Parents and the New Computer-Based Systems

Presenter/Agency: Brenda Carpenter and Benjamin Harper, DCS

This session will provide an overview of the computer-based programs that Foster Parents are now using. Come and learn more about the Edison Learning Management System, including how to establish an account, register for classes and check your learning transcript. Foster Parents will also be using TFACTS to confirm placements and board payments. Demonstrations of this system including how to complete assessments, questionnaires, surveys and invoice confirmation will be provided. In addition, more and more training is being offered through the video conferencing software WebEx, allowing you to complete training hours from your home or any location where you have an internet connection. Come learn how to navigate live webinar training with ease.

TN TFC: Your Voice in Action!

Presenter/Agency: Julie Rotella, TN TFC

The focus of this workshop is to honor and recognize our Treatment Foster Parents by listening and learning from them. Do you feel at times like the “system” doesn’t hear you? Do you want to be a part of the Solution? Yes? Great, because we want to hear from you! We believe our Treatment Foster Parents are in the unique position of truly knowing what is going on in the trenches. We also believe Foster Parents are the best strategy for recruiting other Foster Parents (research supports this as well) We would like for you to share your insights with us. Through this effort, our hope is to better support you as you work to nurture and heal our most vulnerable kids.

Trauma Informed Parenting Strategies (TIPS) (Must Take Part I and II)

This course meets the trauma training requirement.

Presenter/Agency: Kim Bracken, Harmony Family Center

This workshop looks at how trauma affects brain development in teens, and how to view behaviors through a trauma lens to determine the most effective parenting strategies. Topics include: Trauma-Informed Parenting, Teen Development, Issues Faced by Teens including Justice Involvement and Behavior Management.

Trauma Sensitive Discipline

This course meets the trauma training requirement.

Presenter/Agency: Allison Douglas, Harmony Family Center

Children who have been abused, neglected or substance exposed often need a very different type of discipline than children who have been nurtured since before birth. This workshop will explore the effects of trauma on developing brains, introduce the S.E.T. method for assisting kids with behavioral change and give practical examples of mindful discipline techniques for challenging behaviors.

Traveling the Empathy Road on our Journey towards Resiliency

Presenter/Agency: Stephanie Allen, MSSW, LMSW, LSSW, and Shelby East, MSSW, LSSW, University of Tennessee at Martin

In a perfect world parenting would be easy and children would come with an owner’s manual and a road map, but as we already know they do not. Children in foster care come to us with their own unique set of challenges and life experiences and the inability to bounce back according to our timetable. In this engaging interactive workshop, we will focus on how we as helpers can build resilience in children through understanding, communication and commitment. Participants will explore how empathy, compassion, and meaningful connections are used to promote and build resilience in children. This workshop will use a variety of interactive activities to enhance participant engagement and learning.

Understanding How Adversity and Trauma Affect Children: Tips for Caregivers

This course meets the trauma training requirement.

Presenter/Agency: Patti van Eys, PhD, and Chris Moynihan, Omni Visions, Inc.

Caring for children who have been through traumatic early life experiences can be challenging on multiple levels. While those who engage in caring for these children often have the best of intentions, understanding and addressing the behavior that results from early childhood trauma can be overwhelming. This presentation aims to provide a general overview of how trauma impacts children's developing brains and in turn their behaviors, while also providing practical suggestions for intervention.

Understanding the Adoption Process

Presenter/Agency: Erika Conwell and Karen Chamberlain, DCS

This workshop is designed to provide an overview of the adoption process for children in full guardianship of the Tennessee Department of Children's Services. Participants will gain knowledge of the Termination or Surrender of Parental Rights and legal aspects related to the adoption process, how children and youth reach legal permanency through adoption, and the supports and services available to children/youth and prospective adoptive families.

Understanding Sexualized Behavior in Children

Presenter/Agency: Denise Alexander, Our Kids

This workshop will provide an overview of childhood sexual development, common issues, and how to address problematic behaviors. There will be time for questions and discussion.

What to Know about Child Exploitation and Human Trafficking

Presenter/Agency: Harmony Family Center

This course will offer foster parents insight into the criminality of child exploitation and human trafficking. Participants will learn about the physical and psychological impact it has on children and about the importance of protecting and educating children about the dangers of being lured into this fast-growing illegal activity that is considered modern day slavery.

Working with Birth Parents and Visitation

Presenter/Agency: Harmony Family Center

This course helps everyone involved in foster care gain an appreciation for the critical role of birth parents in the lives of children in care. Participants will have an opportunity to explore the impact that a child's history and visits with their parents have on behaviors. The course also provides participants with a better understanding of federal and state mandates on child visitation, the importance of visitation and why supporting this contact is important to a child's developmental and mental wellbeing. Participants will also learn to identify the reasons for a child's behavior before, during and after visitations and how to strategically minimize these behaviors.

Your Money, Your Goals

Presenter/Agency: Tamara Gray, DCS

For many years now it has been clear that many youth in foster care face a range of financial challenges. Youth exiting foster care and transitioning to adulthood face an unusual array of financial barriers that may include actions as basic as difficulty in opening a first checking account, getting co-signers for the first apartment or first car loan as well as a general lack of financial experience that is gained by other young people. Your Money Your Goals is a toolkit that foster parents and social services organizations can use to help youth set goals, choose financial products and build skills in managing money, credit, and debt.

Youth Mental Health First Aid (Must Take Part I and II)

Presenter/Agency: Brequia Segree, DCS

This 2-part course teaches participants the risk factors and warning signs of mental health challenges, common among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance abuse disorder. Participants will learn how to support a youth developing signs and symptoms of a mental illness or emotional crisis by applying a core five-step action plan.

Online Registration Instructions

Before You Register:

1. Review the Conference Brochure before registering.
2. Consult with your Foster Parent Support Worker and/or anyone you may want to take a workshop with before you register.
3. Decide on the workshops you want to sign up for before going to the registration website.
4. Locate your Edison User Login ID before you register.

Step by Step Instructions:

1. Go to the registration website: <http://www.cvent.com/d/w6q5mc>
2. Select the green "Register" button on the home page.
3. Enter your First Name, Last Name and Email Address.
4. Select Your Registration Type (either DCS Foster Parent or Private Agency). Select "Next".
5. Enter your phone number and mailing address information. If applicable, add your spouse or partner in the "Guest" section of this page. Select "Next"
6. Select the Appropriate Registration based on whether you are a current member of TFACA. Select "Next".
7. Answer registration questions, when prompted (*such as who is your Foster Parent Support Worker?*)
8. Select your Workshop Sessions for you.
9. Before proceeding, select your Optional Items such as a Hotel Room if you need it. Select "Next".
10. Select workshops for your guest. (You will be required to select workshops twice- once for yourself and once for your guest). Select "Next".
11. Answer registration questions. Select "Next".
12. Review your Registration Summary for accuracy. If correct, select "Next".
13. Complete Payment information screen. Select "Finish".
14. Print your confirmation and agenda for your records.
15. Be sure to check your email for updates, reminders and hotel confirmations

If you have trouble registering, you may call Harmony Family Center for technical assistance. Please allow up to 2 business days for a response.

Tennessee Foster and Adoptive Care Association (TFACA) Overview



About: The Tennessee Foster and Adoptive Care Association (TFACA) is a nonprofit organization that functions as an advocacy support group for resource parents throughout the state of Tennessee. TFACA encourages and motivates foster and adoptive parents, as well as any other interested member of the community, to work together to promote the general welfare of foster children. We assist in communications between foster and adoptive parents and others concerned with the growth and development of foster children. **Website:** www.tfaca.net.

TFACA Breakfast: The TFACA Breakfast on Sunday is open to any foster parent attending the conference. Attendees receive 1 credit hour for their attendance. The breakfast includes a buffet style breakfast, information about TFACA and the Association's Board Meeting.

Membership: Membership is open to all foster or adoptive parents, employees of the Tennessee Department of Children's Services, and citizens concerned about the well-being of foster and adoptive parents and children. Membership is \$20 per year and members receive a discount on their conference registration. Membership application and payment must be completed through TFACA's website.

Silent Auction: TFACA asks each local association and DCS region to donate a basket of items to be auctioned during the conference. The basket should include high-quality items. The items purchased or hand-crafted should attract the attention of participants. The Silent Auction will run throughout the conference and everyone will have the opportunity to bid. Proceeds from the auction will benefit the TFACA Scholarship Fund. Door prize items should be brought to the conference. For more information, contact Marion Rhines, TFACA President, at 865-824-8699.

TFACA Scholarship: Foster, birth and adoptive children of TFACA members are eligible to apply for the Kenneth P. and Maxine Fox Scholarship. Applications must be submitted by the TFACA deadline to be considered. Visit the TFACA website for more information: <http://www.tfaca.net/scholarships.html>

TFACA Elections: The annual elections will be held at the Tennessee Foster Parent Conference. To cast your vote, visit the Elections Table on Saturday between 8:00am and 6:00pm. Visit the TFACA Website for more information.

2019 Vendor Information

We welcome and appreciate vendors at our conference. Providing support, resources and relevant information to our foster parents is very important. Vendors can register through the registration website.

Vendor Fees for 2019

| | Vendor Fee | Hotel Fee |
|------------------------|-------------------|------------------|
| Commuter | \$75 | \$0 |
| Friday Night/1 Room | \$75 | \$119.00 |
| Saturday Night/1 Room | \$75 | \$119.00 |
| Full Weekend/1 Room | \$75 | \$238.00 |
| Friday Night/2 Rooms | \$75 | \$238.00 |
| Saturday Night/2 Rooms | \$75 | \$238.00 |
| Full Weekend/2 Rooms | \$75 | \$476.00 |
| Extra Table | \$50 | |
| Saturday Lunch Tickets | \$25 | |

Vendors agree to the following:

- Vendors must exhibit at the conference both Friday and Saturday.
- Vendor booth setup starts on Friday at 10:00 am.
- Vendor booths must be cleared by Sunday at 12:00pm.
- The standard vendor fee includes one table and tablecloth plus two chairs.
- Vendors are responsible for paying for their own meals and hotel rooms. Saturday Lunch tickets and additional table space can be purchased through online vendor registration.

Vendor Registration Requires Pre-Approval

1. Register online at: <http://www.cvent.com/d/w6q5mc>
2. Select the green "Register" button on the home screen
3. Enter your name, email address and select "Vendor" Registration Type, Select "Next".
4. Enter your contact information. Use the "Guest Information" section to add other booth attendees, if applicable. Select "Next".
5. Select Optional Items such as extra table and meal tickets or hotel room, Select "Next".
6. Answer Hotel Room Related Questions, Select "Next".
7. Review Your Order. Select "Next". Complete Payment and "Finish".

Frequently Asked Questions

Question: **When is the deadline for conference registration?**

Answer: The deadline for registration is August 9, 2019 unless the conference fills up (sells out) before that date. There will be no onsite registration this year. Due to our new registration process, there will be no exceptions.

Question: **How do we register if we are a foster parent couple?**

Answer: Foster parent couples can register together this year. One foster parent will be the primary registrant and their spouse or partner will be considered their "guest." Please add your spouse or partner as a guest during the registration process. You will only need to choose one hotel room. You will have the opportunity to choose workshops separately as part of the registration process.

Question: **How do I change my workshop selections?**

Answer: You can use your email and confirmation number to change your workshop selections through August 9, 2019. After that date, your selections are final. For this reason, it is important that you read all the workshop descriptions and discuss options with your Family Service Worker before registering. If there are fellow foster parents that you want to attend a workshop with, you will need to talk to them in advance to decide on those workshops before registering.

Question: **What time does check in start at the conference?**

Answer: Onsite check-in starts at 10:00 am on Friday, September 13, 2019. If your class starts at 12:00 pm, be sure to arrive in plenty of time to check in, get your name badge and find your workshop. Check-in will take place in the lobby of the Embassy Suites Hotel. If you are staying at the hotel, your room may not be ready until later in the day. Hotel room check-in is not guaranteed until 3:00 pm.

Question: **How many training credit hours are available this year?**

Answer: Depending on the workshops you choose and the optional activities you participate in, you could earn 15-20 credit hours. Optional activities include Friday night's Opening Ceremony, the Keynote Luncheon on Saturday and the TFACA Breakfast on Sunday.

Question: **What meals are provided during the conference?**

Answer: Meals provided as part of the conference include: Friday Dinner, Saturday Lunch and Sunday Breakfast. Partnering hotels provide complimentary breakfast on both Saturday and Sunday. Dinner on Saturday is on your own.

Question: **How do I reserve a hotel room?**

Answer: Hotel rooms are reserved during the registration process. Do not call the hotel for reservations. During registration, you will have the option to select Friday night only, Saturday night only or Full Weekend for your hotel stay.

Question: **How much does a hotel room cost?**

Answer: Hotel rooms are \$108 per night and payment is due at the time of registration. DCS foster parents receive a discount on their first night, if they live more than 50 miles from the conference center. Hotel accommodations are not available for foster parents living within 50 miles of the conference center.

Question: **What time can I check into my hotel?**

Answer: Check-in is not guaranteed until 3:00 pm on your day of arrival. Please do not expect to check in any earlier. There are large groups checking out of the hotels on Friday and hotel staff need time to take care of housekeeping. Please be patient with hotel staff and understand they will do everything possible to have rooms ready early.

Question: **Is breakfast included in my hotel stay?**

Answer: Yes. A complimentary breakfast will be provided by your hotel on Saturday morning. Sunday morning breakfast will be provided at Embassy Suites as part of the conference program.

Question: **I heard the conference is going to be "paperless". What does that mean?**

Answer: We are moving towards, one day, having a paperless conference. This year's conference will support that goal by using various technologies to minimize the amount of paper that has to be used. Many conference tasks will be handled electronically. Some of the conference material will only be available through the conference app. The conference app will offer maps, real time updates, information about workshops and presenters and other features.

Question: **Will there be Wi-Fi available at the conference?**

Answer: Yes! We are very excited to be able to provide Wi-Fi access to all conference participants this year. Information on connecting to the conference center's Wi-Fi will be available at check-in.

Question: **What is the TFACA breakfast?**

Answer: TFACA stands for Tennessee Foster and Adoptive Care Association. Each year at the conference, the TFACA hosts an annual meeting that provides 1 hour of training credit in addition to offering participants great information about the work of TFACA. TFACA

also hosts a silent auction to raise money for scholarships and financial assistance they provide to foster children and foster families throughout the state.