



Indiana Head Start Association

Virtual Annual Fall Conference
October 7th and October 8th, 2020

A Special Thanks to our Presenting Partner:

Lakeshore[®]

Wednesday, October 7th, 2020

All times listed on agenda are EST!

9:15 - 9:30 AM

Welcome

Tara Meachum

Floyd County Birth to Five and IHSA Board President

Conference and Zoom Info and Door Prize Drawing!

Rhett Cecil, IHSA Executive Director

9:30 - 10:30 AM

Keynote: Kevin Carnes with Lakeshore Learning

Kevin Carnes, President of Lakeshore, a child of a 20+ year Head Start teacher and a long-time supporter of Head Start will highlight the benefits of outdoor learning! Lakeshore successfully operates a certified outdoor classroom and recently implemented social distancing, COVID guidelines, and sanitation measures for their outdoor space. We will take a virtual tour of their classroom and attendees will learn how to recreate a similar project for their own program. Such a project generates parent engagement, in-kind, community partnerships and all on a very low budget. An outdoor classroom is a real WIN-WIN for all involved.

10:30 - 10:45 AM

Break - Enjoy!

10:45 - 10:55 AM Lakeshore Brain Break with Ron Mohl and Door Prize Drawing!

Family Engagement Track	Leadership Track
<p>11:00 AM to 12:30 PM <u>Transforming Men Into Nurturing Fathers</u> Carol Lapin, MSSW Family Nurturing Center <i>We know children and families do better when fathers are involved. Children exhibit better school performance, increased self-esteem and improved relationships with peers, while parents feel less stress when they support each other. This workshop will show how to increase engagement and involvement of fathers by focusing on factors specific to the needs of men and challenges they face in fulfilling their role as fathers.</i></p>	<p>11:00 AM to 1:00 PM <u>Creating a Gossip-Free, No Whine Work Zone!</u> Cecilia Maron-Puntarelli, MA , Doctoral Student and Assistant Instructor, Indiana University <i>“Not possible,” you say. “You don’t know my staff.” True, but by defining and understanding the reasons for these potentially toxic behaviors, we will explore ways to minimize gossip and whining, communicate expectations with care, and encourage staff to be compassionate problem solvers. Through self-reflection focusing on professional and personal attributes that foster community well-being, this workshop can help leaders create a united, sensitive environment.</i></p>

12:30 or 1:00 - 1:15 PM **Break - Enjoy!**

Family Engagement Track	Leadership Track
<p>1:15 PM to 2:45 PM <u>Helping Children Learn to Cooperate</u> Carol Lapin, MSSW Family Nurturing Center <i>Cooperation is the ability to balance one’s own needs with someone else’s. We often think of cooperation as children doing what adults want, but this is called compliance. True cooperation means a joint effort of give and take that is mutually satisfying.</i> <i>Participants will learn how to develop a cooperative spirit in children and help them understand how our requests and rules are good for everyone.</i></p>	<p>1:15 PM to 2:45 PM <u>Overcoming Burnout in the Early Childhood Field: Strategies for Change: Creating a Peaceful Space</u> Ellen M. Drolette, Author, Keynote Speaker, Early Childhood Educator, Consultant, Trainer. Positive Spin VT, LLC <i>Based on the book with the same title by Ellen Drolette participants will explore strategies for avoiding burn-out and low morale and use inspiring stories from the field to examine the structures and practices that support the development of healthy attitudes, quality engagement and optimism in the workplace.</i> <i>Participants will participate in a series of small and large group conversations, self-reflection and opportunities that will not only fuel them but help them learn. We will focus on some of the biggest struggles faced in early education, compassion fatigue, mental health, optimism, attitude and being present. Join Ellen for an uplifting, inspirational, deep dive into morale and build strategies as a team for combatting burnout.</i></p>

2:45 - 3:00 PM **Break - Enjoy!**

3:00 - 4:00 PM Biases, Micro-aggressions, Inclusive Language, Increasing Your Cultural Awareness
And Making Your Classrooms More Inclusive

Gina Forest, PhD, MPH
Consulting Services with Gina, LLC

This workshop will examine our many biases and how they affect our decision from hiring, evaluation and teaching. Attendees will explore the types of micro-aggressions and the harm you are causing when you use them. Language has been used to empower some and silence others, participants will be able to identify inclusive word choices and understand the history of some words that are problematic. This workshop aims to prepare you for your cultural awareness journey. You don't know what you don't know - let's begin to understand each other. This workshop will also look at the classroom from the lens of diversity, equity and inclusion. Participants will learn 5 ways to make their classroom more culturally inclusive and understand why this is important to learning.

4:00 - 4:15 PM

Wrap Up of Day 1 and Door Prize Drawing!
Rhett Cecil, IHSA Executive Director

Thursday, October 8th, 2020

All times listed on agenda are EST!

8:45 - 9:00 AM

Welcome Back Day 2 and Door Prize Drawing!
Kris Mathews, Hoosier Uplands Children's Services, IHSA Board Member and Chairperson of the Conference and Training Committee

9:00 - 10:00 AM

Exploring Social-Emotional Education and Teacher Advocacy
With Songwriter, Guitarist and Organist for the 3 time Grammy-winning Zac Brown Band - Coy Bowles!



*Zac
Brown
Band*

Coy is probably best known for his career with the Zac Brown Band but off the stage, Coy Bowles is blazing trails in the world of early education. With four highly praised children's book behind him, Coy just released his new Children's album, Music for Tiny Humans, as well as a social-emotional learning kit based around his hit book Behind the Little Red Door, an unforgettable story of imagination and creativity. When describing the workshop, Coy states "working in early-learning, I hear a common refrain "Children are having a hard time with listening, eye contact, and group settings, sharing, empathy and decision making." As SEL skills are becoming even more important, many children lacking a solid foundation in them. Coy writes for young kids because he wants to give back! "I'm trying to dive as deep as I can inside and create content that is going to make our education system better, give kids a better understanding of self-worth and self-confidence, and give teachers something cool and creative to work." Mr. Bowles is currently planning a nationwide teacher appreciation initiative in May. Early education advocate by day, and multi-platinum music star by night, Coy Bowles has some pretty exciting things for us on the horizon.

10:00 - 10:15 AM Break - Enjoy!

Family Engagement Track	Leadership Track
<p>10:15 to 11:45 AM <u>Treatment of Maternal Depression in Early Head Start and Head Start: The Moving Beyond Depression Program</u> Robert T. Ammerman, Ph.D., ABPP Cincinnati Children's Hospital Medical Center <i>Moving Beyond Depression (MBD) offers effective treatment for maternal depression using In-Home Cognitive Behavioral Therapy (IH-CBT) to augment early childhood programs. It is an adapted approach that relies on strong collaboration between mental health clinicians and service providers. Research shows significant results, with 70% of treated mothers significantly improving after treatment. This workshop will describe the program, present research findings and discuss implications for services.</i></p>	<p>10:15 to 11:45 AM <u>The Welcomed Seat at the Table</u> Yolanda Winfrey, CAPSW, MS, MSW Freestyle by Winfrey, LLC <i>In this session participants will explore their strengths, leadership style, and the role individuals play in carrying out the program's mission. Everyone has a voice and should be welcomed at the table. By the end of the session, participants will have examined and understand 1) how one's strengths, leadership style and group norms impact meeting success (or failure) and 2) what happens when one of the parts is missing when an individual doesn't have or know their role in carrying out the program mission.</i></p>

11:45 PM to 12:30 PM Break - Enjoy!

12:30 PM to 1:30 PM
Advocating for Good Oral Health in Head Start Families
Jessica Martin, EFDA
McMillan Health
Help parents, teachers, health managers and Directors understand the importance of early childhood oral health and the unique concerns of children with special needs. By identifying the extent of the problem that is dental decay, the most common childhood illness, five times more common than asthma, parent and early childhood interventionists can begin to educate children and their families on the importance of good oral health, so they are ready to start school without having adverse effects of dental decay.

1:30 PM to 2:30 PM
The Impact of the Opioid Crisis and Substance Use Disorders: Creating a Path Forward for Head Start, Early Head Start and All Child Care
Nancy Ward, BSN, RN-BC, CDDN
Chief Nurse Consultant
Office of Early Childhood & Out of School Learning
Indiana Family and Social Services Administration
This is a foundational training designed to provide a basic understanding of the key issues around substance misuse that impacts communities and families. Attendees will learn current terms and phrases, review opioid epidemic statistics for Indiana, discuss community collaboration examples, explore resources and identify next steps for your program.

2:30 PM to 2:45 PM **Lakeshore Brain Break with Ron Mohl and Door Prize Drawing!**

2:45 PM to 4:15 PM

Using the “Learn the Signs. Act Early.” Materials

Stephan Viehweg, LCSW, ACSW, IMH-E®, CYC-P

Associate Director of the Riley Child Development, Indiana LEND at the Indiana University, School of Medicine, Dept. of Pediatrics
Programs continually look for ways to enhance parent engagement. Identification of children with autism and other developmental concerns is on the rise. CDC’s “Learn the Signs. Act Early.” materials help track and encourage discussion about development. Learn how to use these materials to increase family engagement, identify red flags, and make referrals. Indiana’s plan for using these materials statewide will be discussed.

4:15 PM to 4:30 PM

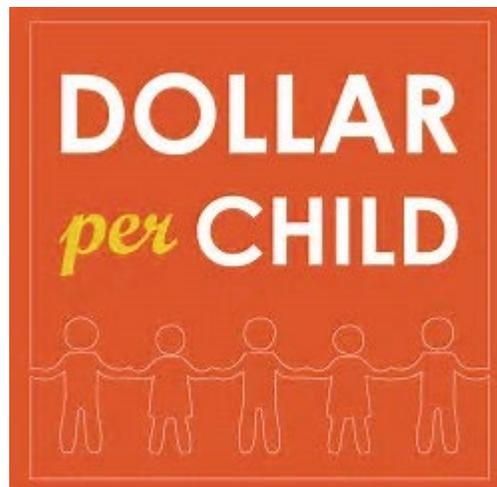
Wrap Up and Door Prize Drawing!

Rhett Cecil, IHSA Executive Director



Please remember to **like and follow** Indiana Head Start Association on Facebook!

Please remember to support our Dollar Per Child fundraising efforts as if your job depends on it, because it does! We are currently accepting bids for items on this auction site:



<https://www.32auctions.com/IndianaHeadStart2020>

Additional thanks to IHSA Partners:





Indiana Head Start Association
 500 West Main Street Mitchell, Indiana 47446
www.indianaheadstart.org

REGISTRATION
IHSA Virtual Annual Fall Conference
October 7th and 8th, 2020
Featuring Two Professional Development Tracks:
1. FAMILY ENGAGEMENT
2. LEADERSHIP

Program Name:		
Director's Name:		
Director's Email:		
Director's Phone Number:		
Program Address:		
City:	State:	Zip Code:

Thank you to our Conference Sponsor & Corporate Partner



Participant's Name:	Participant's Email:	Participant's Job Title:	Preferred Track
1.			
2.			
3.			
4.			
5.			

Indiana Head Start Association Cancellation Policy – a submitted registration is a commitment to pay. No refunds will be issued, though you may transfer your registration to another party at no additional charge.

Please select one:

IHSA Member _____ x \$249.00 each \$ _____ due

REGISTRATION AND PAYMENT MUST BE RECEIVED BY September 30th, 2020!!

Non-Member Registration _____ x 299.00 each \$ _____ due

One Day Only Registration _____ x \$155.00 each \$ _____ due

Total Due \$ _____

(NOTE: add \$15.00 processing fee if paying on IHSA website)

Checks should be made payable to: Indiana Head Start Association (IHSA)

To register, please submit pages 1 and 2 of this packet to IHSA via:

- U.S. Mail to IHSA c/o 500 West Main Street, Mitchell, IN 47446
- Email to kmathews@hoosieruplands.org
- Fax to 812-849-0627