

# 27th Annual Parenting Awareness Michigan Conference Program November 18, 2019



Focusing on relevant information and important issues facing today's parents and families.

# Monday, November 18, 2019

The Kellogg Hotel & Conference Center

East Lansing, MI

## CONFERENCE AGENDA

- 8:00 a.m. REGISTRATION, EXHIBITS, CONTINENTAL BREAKFAST**  
Continuing Education Sign-In (ends at 9:00 a.m.)
- 8:45 a.m. WELCOME AND OPENING REMARKS:** Kristine Norton, Parenting Awareness  
Michigan Conference Coordinator
- 9:00 a.m. KEYNOTE PRESENTATION**  
"Achieving Your Goals through THE POWER OF THREE"  
Lisa M. Dietlin, International Speaker, Author, Media Personality, Transformational  
Change Agent and Philanthropy Expert
- 10:30 a.m. BREAK**
- 10:50 a.m. SESSION I WORKSHOPS (75 MINUTES)**
1. The Key To Achieving Your Goals While Living an Inspired and Balanced Life  
(Repeat in Session II)  
*Room TBD*
  2. OK2SAY - Michigan's Student Safety Program [All, PF, B, INT, A]  
*Room TBD*
  3. Rubber Band Effect [MC, AD, SB, INT]  
*Room TBD*
  4. Puberty: Setting the Table for Healthy Transitions [All, SB, B]  
*Room TBD*
  5. Social Media & Youth Mental Health & Substance Use [All, IB, SB, B]  
*Room TBD*
  6. Play Safe! Be Safe! Fire Safety for Young Children [EC, IB, B, INT, A]  
*Room TBD*
  7. Parenting in the Digital Age [All, IB, SB, A]  
*Room TBD*
  8. Family Engagement -- Are You Ready? [All, SB, B, INT, A]  
*Room TBD*
- 12:05 p.m. LUNCH – VISIT EXHIBITORS**
- 1:15 p.m. SESSION II WORKSHOPS (75 MINUTES)**
9. The Key To Achieving Your Goals While Living An Inspired And Balanced Life  
(Repeat from Session I)  
*Room TBD*
  10. Empowering Parents to get Children the Sleep They Need for Good Health and  
School Success! [EC, MC, PF, B, INT]  
*Room TBD*
  11. Media Literacy: What is the Media Saying to You? [MC, AD, IB, B, INT]  
*Room TBD*

12. FASD: The Realities of Alcohol and Pregnancy [All, IB, B]  
*Room TBD*
13. Beyond ACEs (Adverse Childhood Experiences): Strategies for Working with Children Who Have Experienced Trauma [All, SB, B, INT, A]  
*Room TBD*
14. Parents as Partners: LGBTQ Family Engagement [All, IB, SB, B, INT]  
*Room TBD*
15. An Interactive Look at Risk & Protective Factors [All, IB, B]  
*Room TBD*
16. Helping the Helpers [All, IB, SB, B, INT]  
*Room TBD*

**2:30 p.m. BREAK**

**2:45 p.m. SESSION III WORKSHOPS (75 MINUTES)**

17. Supporting Social Emotional Development and Attachment with 0-6 Year Olds and Their Important Caregiver [EC, SB, B, INT, A]  
*Room TBD*
18. Teens and Vaping- Partnering with Schools [AD, MC, IB, INT]  
*Room TBD*
19. Breaking Down Barriers for Families to Support Student Learning [All, SB, INT]  
*Room TBD*
20. The Electronic Cigarette Epidemic [All, IB, SB]  
*Room TBD*
21. Experiencing Nature and Outdoor Play Enhances Social and Emotional Development in Children [All, SB, B, INT, A]  
*Room TBD*
22. One Love Two Homes [All, SB, INT]  
*Room TBD*
23. Fight101: A Workshop to Teach Consent, Empowerment and Sexual Assault Prevention [AD, SB, B, INT, A]  
*Room TBD*
24. Challenges Grandfamilies Face In Michigan [All, B, INT, A]  
*Room TBD*

**4:00 p.m. CLOSING SESSION:**

Ice Cream Social, Evaluations, Continuing Education, Networking, and Door Prizes  
*Are you staying to the end? Drop your name tag off in the Big Ten room to be entered in the drawing for a door prize. You must be present to win. Remember to drop off your CEU paperwork in the Centennial Room, and evaluation at the end of the day and receive a gift.*

**4:30 p.m. Conference Adjourns**

Continuing Education Sign Out (return paperwork by 4:30 p.m.)

**Workshop Key:**

ALL = Parenting issues for any age: EC = Early childhood focus MC = Middle childhood focus  
AD = Adolescent focus IB = Issue based SB = Skill building PF = Program focused  
Educational Level: B = Beginner INT = Intermediate A = Advanced

# Workshop Descriptions – November 18, 2019, East Lansing

## Session I 10:50 a.m. – 12:05 p.m.

### 1. **The Key to Achieving Your Goals While Living an Inspired and Balanced Life.** [All] What would it take for you to make tomorrow a day in which you changed your life for the better?

What would it take for you to make tomorrow a day in which you enjoyed an inspired and productive work/life balance? What would it take for you to make tomorrow a day in which you followed your dreams and met all your goals? What would it take for you to make tomorrow a day filled with happiness and joy? For Lisa Dietlin, the answer came in a very unexpected way. She got hit by a taxi. Most of us have been taught to think that success means working as hard as we can, grinding away with grim determination in the hopes that one day we will attain the right to happiness and fulfillment. On that day when Lisa crossed paths with a taxi, she learned the truth – that the only way to achieve our goals is to pursue them as part of an inspired and balanced life, and that happiness and joy are the key to it all. She shares her personal history of being a workaholic, disengaged from the world outside her office and always buried under a to-do list – and the gift of perspective and clarity that she received from her run-in with a speeding car. Far more than just a feel-good story, Lisa will share easy and effective tools to help you achieve your own goals while experiencing a balanced and joyful life – no taxi required. *Lisa M. Dietlin, International Speaker, Author, Media Personality, Transformational Change Agent and Philanthropy Expert (Repeat in Session II)*

**2. OK2SAY - Michigan's Student Safety Program.** Michigan's student safety program, OK2SAY, enables students to confidentially report harmful behavior that threatens their safety or the safety of others to professionals to help prevent tragedies before they occur. Using a confidential and reliable communication system, OK2SAY facilitates information submission through text, mobile app, email, website, and telephone. Students confidentially report school safety threats to trained OK2SAY professionals 24/7. Learn more about how this program can be successfully implemented in your school. *Mary Gager Drew - OK2SAY - Michigan's Student Safety Program, Attorney General's Office*

**3. Rubber Band Effect.** This session will provide an in-depth look into what resiliency is; what it looks like through the lens of physical, mental, and emotional capacities; and ways to cultivate growth within resiliency. Resiliency is a skill that is developed over time and has a significant impact on an individual's well-being. We will look at real-life examples of resiliency, what makes someone resilient, and how to develop resilience. *Danny Hunt, Victors Edge Coordinator, Eagle Village*

**4. Puberty: Setting the Table for Healthy Transitions.** Puberty, Pimples, Periods...Oh My!!! Preparing for "the talk" doesn't have to be scary. This session will equip parents and other caregivers with the information and tools needed to make puberty a breeze! We will tackle the physical, emotional, cognitive, and sexual developmental stages along with steps on how to answer those difficult questions. *Heather Alberda BA AASECT Certified Sexuality, Educator, Ottawa County Dept of Public Health*

**5. Social Media & Youth Mental Health & Substance Use.** This session focuses on current research regarding the impact of social media use, specifically on youth. Popular social media apps and methods are detailed, including statistics on texting and gaming. Social media use and the link between feelings of social isolation, loneliness, and lack of social engagement are explored. current youth (ages 12-17 years old) mental health statistics are discussed. Additionally, an overview of youth substance use and increased risk factors related to mental health and social media use are given. *Kristi Pretzer, DrugFreeCommunityGrant*

*Coordinator, Prevention Network, and Melea T Bullock, MA, MS, LLPC, Eaton RESA*

**6. Play Safe! Be Safe! Fire Safety for Young Children.** Over 300 children die each year in home fires. Children do not learn by repeating catchy phrases about fire safety or by experiencing scare tactics. Children learn through repetition and play. This session applies the principle of child development and early childhood education best practices to fire safety *Lt. Michael O. McLeleer, APIO / President E.S.C.A.P.E. Inc.*

**7. Parenting in the Digital Age.** This session discusses how the use of technology and social media among today's youth can impact them socially and emotionally. It explains ways parents and youth-serving professionals can help young people navigate the internet safely. The topics of discussion include cyberbullying, sexting, online predators, digital reputation/footprint privacy & security, and cyber-crime laws. *Robin Batten, BA, Cyber Safety Manager, Washtenaw Area Council for Children*

**8. Family Engagement—Are You Ready?** Connecting with families is an inside job. All too often, providers attempt to engage families without first ensuring they have strengths-based internal strategies and practices in place. This session will provide participants insight into the importance of focusing time and effort on creating a safe and supportive environment for families. This innovative approach will help to ease the stress providers currently experience around engaging families. *Barb Flis, Founder, Parent Action for Healthy Kids*

## Session II 1:15 p.m. – 2:30 p.m.

**9. The Key to Achieving Your Goals While Living an Inspired and Balanced Life.** (Repeat from Session I)

**10. Empowering Parents to get Children the Sleep They Need for Good Health and School Success!** Sleep is critical to a child's physical and cognitive development, most children do not get enough. Parents often lack knowledge and bedtime routines, and sleep is not a health topic. Sweet Dreamzzz wants to change that with a Parent Sleep Education Workshop and tools for both parents and professionals to reinforce the importance of sleep and a bedtime routine. A train-the-trainer seminar is offered to equip professionals to present this parent workshop to their parent groups. *Ann Rafferty, Sweet Dreamzzz Inc.*

**11. Media Literacy: What is the Media Saying to You?** Have you ever wondered how the media affects our youth? This session explores the different aspects of gender roles, stereotypes, and how the media impacts our lives. We will dissect images, TV clips, music videos, and much more! Participants will learn that what we intake through these outlets affects the cycle of child abuse. *Tonya Womack CTP-C Community Outreach Facilitator, and Miriana Milo BA Community Outreach Manager, Care House of Oakland County*

**12. FASD: The Realities of Alcohol and Pregnancy.** Almost half of all pregnancies in Michigan are unplanned and with over 50% of women ages 18-44 consuming alcohol, 1 in 20 children may be born with either Fetal Alcohol Syndrome or Fetal Alcohol Spectrum Disorder. This overview includes basic facts about how alcohol affects a fetus during pregnancy. We will review some of the cognitive dysfunctions and physical features associated with this birth defect, the science behind the effects, and strategies to help with behavior management. *Teresa Sandner, CPC, Parent Education Program Coordinator, CARE of Southeastern Michigan*

Workshop descriptions continued next page



**13. Beyond ACEs (Adverse Childhood Experiences): Strategies for Working with Children Who Have Experienced Trauma.**

Neuroscience provides a comprehensive and sophisticated understanding of the impact of trauma on the developing brain. Participants will understand that the neuro-biological brain development is driving the behavior versus reacting as if it's a character flaw. Learn the impact one caring adult can have on a child's life. *Gloria J Sherman, Counselor, Consultant and Coach, Parenting and Teaching with G, L., O., LLC*

**14. Parents as Partners: LGBTQ Family Engagement.** In a 2019 report of 34,000 LGBTQIA youth, 39% reported they had "seriously contemplated suicide" in the past year. Professionals who engage families have an opportunity to support and incorporate parent acceptance behaviors. The Michigan Organization on Adolescent Sexual Health, Michigan Department of Education, and Michigan Parent Teacher Association will share best practices for inclusion and affirmation of youth, parents, and families in various settings. *Taryn Gal, Executive Director, Michigan Organization on Adolescent Sexual Health (MOASH), and Laurie Bechhofer, Consultant, Michigan Department of Education (MDE), and Samantha Phillips, MiPTA*

**15. An Interactive Look at Risk & Protective Factors** During this interactive session, the presenters will show participants what risk and protective factors look like and how to identify them. Participants will be able to explain how individuals, groups, coalitions, and communities can positively impact personal, interpersonal and environmental risk factors. The session is designed so that participants will be able to replicate the session for other groups. *Gery Shelafoe, CPC-R, Regional Prevention Coordinator, NorthCare Network, and Kelly Sager, CPS, Educational Consultant, Marquette-Alger RESA*

**16. Helping the Helpers.** In a time when we are working diligently to protect our youth, support our families, and educate our community, are you remembering to take care of yourself? Self-care is often overlooked but vastly important. This session will explore and identify elements of secondary traumatic stress, vicarious trauma, and compassion fatigue, along with providing simple self-care techniques and ideas. *Melea T Bullock, MA, MS, LLPC, Eaton RESA*

**Session III 2:45 p.m. – 4:00 p.m.**

**17. Supporting Social Emotional Development and Attachment with 0-6 Year Olds and Their Important Caregiver.** Participants will learn to strengthen and deepen their understanding of guiding principles in infant and early childhood mental health/relationship-based practice; reflect on the therapeutic relationship value; and identify key concepts and strategies common to the infant and early childhood mental health approach. *Joni Zieldorff, and, Amy Delira, LMSW, IECMH-E@ Michigan Association for Infant Mental Health*

**18. Teens and Vaping- Partnering with Schools.** In this session participants will learn about the popular vaping and marijuana products teens are using, with real examples for hands-on learning. This will include tips for how to talk to your tweens and teens about vaping and marijuana use. Get tips from a school administrator on how to work more closely with a child's school to help address this epidemic of teen use. *Heidi Denton, Prevention Specialist, Allegan County Community Mental Health, and Andrea Brown, Admin Intern, Teacher, Advisor & Coach Wayland Union High School*

**19. Breaking Down Barriers for Families to Support Student Learning.** We believe that all parents in Michigan have the potential to achieve their parenting dreams. Some need extra support and assistance along the way. Specific strategies and

awareness of statewide supports to break down barriers for parents of school-age children from Pre-K through 12th grade will be provided. An interactive approach to target five outcome areas: attendance, education, health, safety, and self-sufficiency will be used. By promoting awareness of specific supports, parents will be able to network and partner with existing agencies and organizations to break down barriers to student success. *MaryAnn Prisichenko, and Ta'Nisha Carter, Pathways to Potential*

**20. The Electronic Cigarette Epidemic** Learn data on youth use of electrotonic cigarette products in Michigan and the U.S. Participants will learn what these products look like and their health effects. A youth panel will provide their using experiences including; what they are using, where they are using, and how they obtain these products. New education materials, sample ads, and communication tools will also be provided. Education campaigns, how to develop a youth coalition (paired with adult mentoring), and current state and federal e-cigarette laws related to youth purchasing and possession will be discussed. Strategies in a number of areas will be addressed including; public awareness, education and gaining support to impact public policy and change the culture of electronic cigarettes. *Jim Harrington, Michigan Department of Health and Human Services, with a Youth Panel*

**21. Experiencing Nature and Outdoor Play Enhances Social and Emotional Development in Children.** Humans and nature are inseparable. In today's increasingly sedentary society, however, children can be stressed and develop social and emotional issues. Adults have a responsibility to provide opportunities and facilitate children to experience nature and outdoor play. This session will provide examples of how to integrate outdoor play within programs and childcare settings. *Seema Ibrahim, Education Specialist, Education, and Intervention Specialist/Consultant, and Sara Grix, Speech-Language Pathologist, Ed.S., At Momm's Childcare Consultancy, Inc.*

**22. One Love, Two Homes.** Co-parenting is an emerging parenting style in which many families are learning to adapt. However, these parents are faced with the challenge of what is the proper way to co-parent in two different households? The presenter will share his research by film, capturing the co-parenting chronicles of two separated couples. Learn about what it takes to properly co-parent and the role that "C.A.S.H." plays in a successful co-parenting situation. *Norman Young - Fatherhood Advocate, Muskegon Area Intermediate School District, and Shayla Young- Program Coord (City of Grand Rapids), T2C Studio*

**23. Fight101: A Workshop to Teach Consent, Empowerment and Sexual Assault Prevention** In this experimental workshop focused on sexual assault prevention, both parents and practitioners will receive handouts and multi-media tools to teach adolescents about consent, asserting personal rights, empowerment, and self-defense. *Traci Baxendale Ball, LMSW, CAADC, 3rd Degree Black belt, Fitness Trainer, Founder for Fight101 a brand of Vibrant Health Company*

**24. Challenges Grandfamilies Face in Michigan.** "Grandfamily" challenges including raising grandchildren in Michigan due to the opioid crisis and challenges within the mental health system will be addressed. Presenters will share information on the De Facto law and the value of the Navigator system to "grandfamilies". Finally, when children can't gain access to mental health services due to guardian/foster care issues, ways in which to remedy this situation will be explored. *Anita Rothert, BA in Early Childhood, Family Life Educator/Parent Support Specialist, and Christina Wasilewski, Associate Degree in Early Childhood/Finance, President of Grandfamilies Support Group, The Guidance Center-Board Member /Head Start*