

**July 15-17, 2019**

**Northern Kentucky Convention Center**

**Conference Agenda & Workshop Descriptions**

***\*ALL FRYSC coordinators must attend 5 sessions to meet the minimum 6 hours of Professional Development for a statewide training requirement.\****

***Monday, July 15th (3.75 Training Hours available – 3 tracks including Opening Session)***

10:00am - 5:00pm Registration opens

11:00am - 5:00pm Silent Auction – Room 1

11:00am – 12:30pm Exhibitor Hall Preconference Networking Sponsored by Anthem Medicaid - Ballroom DE

12:30 – 1:30pm Opening Session – First Floor Event Hall

 • Welcome! Melissa Goins, Executive Director, Division of Family Resource & Youth Services Centers

 • Keynote – Josh Shipp, Session #1

1:45 – 3:00pm Concurrent Workshops

Workshop #2 – Room 2

**Identifying Healthy and Unhealthy Relationships – Mary Beth Uberti, Operation Parent**

*High School, Middle School, Elementary School (FS.2)*

Did you know that one in three adolescents in the U.S. is a victim of abuse from their dating partner affecting around 1.5 million teens annually? Join Mary Beth Uberti of Operation Parent for a discussion about the signs of a healthy and unhealthy relationship, digital boundaries, sexting, and warning signs of dating abuse and where to go for help so we can continue to educate our youth as they navigate dating relationships.

Workshop #3 – Room 3

**Out of School, Afterschool, and Family and Community Engagement Resources with KET & PBS KIDS – Amanda Wright and Holly Ackerman**

*Elementary School (CB.3)*

Featuring resources from KET’s Ready to Learn Grant, come explore multimedia resources that support science and literacy development, designed for use in after-school and out-of-school settings. We will also explore the Family & Community Learning model for multi-generational hands-on family engagement designed to support science and literacy development among children and families. All resources are FREE and come packaged with full activity plans, supporting materials for facilitators, related video clips and digital games, and take-home support to encourage family engagement.

Workshop #4 – Room 4

**Juuls and Electronic Cigarettes – Shannon Gillie**

*High School, Middle School (FS.2)*

An explosion in the popularity of vaping and e-cigarette products like “Juul” has prompted the U.S Surgeon General to issue a health advisory warning teenagers about the dangers of vaping and using e-cigs. The move comes as new research shows a 78% increase in e-cig use among high school students. The presentation will cover the contents of e-cigarettes and various products and how addictive and dangerous they are particularly for youth along with marketing tactics tailored towards youth.

Workshop #5 – Room 5

**Cyber Safe Teen – Michael Lemon**

*High School, Middle School, Elementary School (FS.2)*

Teenagers today are having to make adult decisions with lifelong consequences because of social media. Cyber Safe Teen explores those consequences using real case studies of real predators and real victims. This powerful training has been proven to decrease the likelihood a teen will send nude photographs and become a victim of an online predator.

Workshop #6 – Room 6

**Understanding & Supporting Transgender Children and Their Families – Mary Sciaraffa, CFLE**

*High School, Middle School, Elementary School, Preschool (FS.2, ED.2)*

Participants will learn from a parent and child with lived experiences of how the “T” is different from the LGB. At the end of the session, participants will be able to:

* Describe the difference between biological sex, sexual orientation, and gender expression
* Understand how using preferred names and pronouns decreases suicide rates
* Implement tips on how to make a child feel safe
* Understand family concerns and fears
* Recognize and provide resources for children and families

Workshop #7 – Room 8

**Implicit Bias and Cross Cultural Conflict – Roger Cleveland**

*High School, Middle School, Elementary School (ED.2)*

Implicit bias describes the automatic association people make between groups of people, and assumptions and stereotypes about those groups. Under certain conditions, those automatic associations can influence behavior – making people respond in biased ways that can create conflict, which could lead to confrontations and/or school violence. This session will assist with recognizing our own biases and mitigating cultural conflicts.

Workshop #8 – Room 7

**Helping the Helper – Virginia Braden**

*High School, Middle School, Elementary School, Preschool (FC.4)*

Compassion fatigue is a result of caring for individuals in crisis and who have and are experiencing trauma. No one is immune from its impact and it is necessary for caregivers to be proactive in addressing its root causes and symptoms. Helping the Helper will help caregivers assess their level of fatigue, identify their strengths and vulnerabilities, and teach them empirically based strategies for both preventing and healing the impact of compassion fatigue. This seminar will enable caregivers of all backgrounds to be able to keep showing up to do the work they love in assisting others in time of need.

Workshop #9 – Room 9

**Girls on the Run: Strengthening Girls in Mind and Body – Annie Horn, Regina Rankin**

*Middle School, Elementary School (FS.2)*

Join us to learn about the impact of the Girls on the Run- a physical activity, positive youth development program for girls in grades 3-8. Trained volunteer coaches lead small teams after-school through our research based curricula which includes dynamic discussion, activities, and games. The program culminates with a celebratory 5K.

3:15 – 4:30pm Concurrent Workshops

Workshop #10 – Room 2

**Identifying Healthy and Unhealthy Relationships – Repeat**

Workshop #11 – Room 3

**Working Side by Side = Improved Health Outcomes – Linda Bates**

*High School, Middle School, Elementary School, Preschool (FS.2)*

County Health Rankings show that much of what affects health occurs outside of the doctor’s office. Including:

* Our behaviors (including tobacco/alcohol use, sexual activity, diet and exercise)
* Social and emotional factors (education, employment, income, social support)
* Physical Environment

Side x Side = Improved Health Outcomes for Students/Families introduces a way to:

* Bring community members together from diverse sectors to talk about resources and needs
* Collectively and collaboratively work on opportunities for improvement

Workshop #12 – Room 4

**Social and Emotional Development with Daniel Tiger –Holly Ackerman, Amanda Wright**

*Preschool (FS.2)*

Featuring content from Emmy Award-nominated PBS KIDS show Daniel Tiger’s Neighborhood, this session will focus on social and emotional curriculum and media tools for children aged 2-5 that can be used to teach our youngest learners skills like patience, dealing with frustration, and how to understand and manage their feelings. A recent study showed that kids who watched Daniel Tiger’s Neighborhood had higher levels of empathy, were better at recognizing emotions and were more content in social situations.

Workshop #13 – Room 5

**Sexting Response Plan for Schools – Michael Lemon**

*High School, Middle School, Elementary School (FS.2)*

Students sending, receiving and making nude photos is quickly becoming the #1 problem school are dealing with on a daily basis. This training walks attendees step-by-step to develop a plan to handle all sexting incidents. Topics will include how to handle evidence, laws that deal with sexting, identifying community partners and more.

Workshop #14 – Room 6

**Understanding and Supporting Transgender Children and Their Families – Repeat**

Workshop #15 – Room 7

**Body Talk – Virginia Braden**

*High School, Middle School, Elementary School, Preschool (FC.3)*

Reading body language is an essential part of connecting with others and building strong and healthy relationships in any environment. This course teaches core critical body language skills and incorporates real time activities/labs so that attendees can begin actively utilizing their skills. Attendees will leave with practical knowledge applicable to their world, which will improve the quality of their rapport and connection with others.

Workshop #16 – Room 8

**Kids on the Block – Bullying and School Safety – Autumn Caldwell, Whitney Szabo**

*Elementary School (FS.2)*

This program was developed to educate children about bullying, promote sensitivity toward peers, provide specific strategies to make schools a safer place, and help children avoid or cope with bad situations. The program includes two skits in which three life size Kids on the Block puppets share their personal experiences with bullying. A bullying situation is examined and the puppets explore ways to address the situation as the child being bullied and as a witness to the bullying.

Workshop #17 – Room 9

**Super Students, Super Leaders: Tools to Empower with Global Game Changers – Rebecca Smith, Anne Walker**

*Elementary School, Preschool FS.2)*

Global Game Changers (GGC) is an evidence-based classroom curriculum with school and community impact. Participants will learn about GGC’s whole-child approach to social-emotional learning using philanthropy as a tool for implementation. GGC cultivates learning communities by giving students the tools to fight apathy by using our Superpower Equation: MY TALENT + MY HEART = MY SUPERPOWER. Through engaging activities, session participants will define their unique Superpower Equation, practice GGC’s positive classroom culture technique, and create long-term changes in their schools.

5:00 – 7:00pm FRYSCKY Coalition Board Meeting – Located at RiverCenter Marriott – Madison Room

***Tuesday July 16th (6.25 Training Hours available– 5 tracks including Luncheon)***

7:00am – 4:30pm Registration Open

7:00 – 9:00am Continental Breakfast – Main Ballroom

8:00am – 3:00pm Silent Auction – Room 1

8:30 – 9:45am Concurrent Workshops

Workshop #18 – Room 2

**I’m Gonna Find A Way: Songs for Coping with the Effects of Adverse Childhood Experiences (ACES) – David Kisor**

*Elementary School, Preschool FS.2)*

Participants will review research on the impact Adverse Childhood Experiences (ACEs) on our physical and mental health. With LIVE music, participants will be introduced to songs that offer hope and healing through the social-emotional messages in words and music, and discuss ways to use the songs with children and adults.

Workshop #19 – Room 3

**Ending the Ignorance and Breaking the Stigma of Head Lice – Judy Hayden, Angel Gribbins, Megan Draper**

*High School, Middle School, Elementary School, Preschool (FS.2)*

Participants will learn:

* Education of myths and how lice is spread
* Education of how lice is effectively/ineffectively treated
* How lice can lower a child’s self esteem
* The stigma of lice and how it can lead to children being bullied
* The impact of lice on school attendance
* Provide resources to school administrators and social workers to share with families so that we can end the stigma

Workshop #20 – Room 4

**Juuls and Electronic Cigarettes – Repeat**

Workshop #21 – Room 5

**Sexting Response Plan for Schools - Repeat**

Workshop #22 – Room 6

**Community Collaboration: Creating Healthy Environments in Rural Kentucky – Christina Perkins**

*High School, Middle School (FS.2)*

Health and education are linked: healthier children are better students and a better education yields greater health outcomes over a lifetime. Learn about implementing a school-based health alliance that encourages addressing social determiners of health within the school system through feeding programs, after school activities, access to transportation, and access to care, summer outreach program and internal wellness policies.

Workshop #23 – Room 7

**Family First Prevention Services Act: Implications and Opportunities – Jessica Brown, Ashley Runyon**

*High School, Middle School, Elementary School, Preschool (CB.3)*

This workshop will educate participants on The Family First Prevention Services Act. Participants will gain an understanding of the requirements of the Act as well as an outline of opportunities and implications for collaboration. The role of the Family Resource Youth Services Center is integral in the prevention of abuse and neglect within the community. This workshop will outline specific opportunities for service coordination as well as collaborative efforts between DCBS and FRYSC.

Workshop #24 – Room 8

**Anti-Virus Youth Character Program – Tanya Miller, Jack Westwood, Nicole Rankin**

*High School, Middle School, Elementary School (FS.2)*

Anti-Virus Youth Education offers programs for 3/4th grade; 6-8 grade and 9th grade. This session will highlight the character education program that is being implemented across the state. This program encourages students to make good choices while empowering them to set goals, be resilient, combat bullying and develop a positive self-image. We will share stories with the attendees and show them how they can influence students’ lives in their community.

Workshop #25 – Room 9

**The Risk of Suicide Among Gender Creative Youth: How Can You Help – Beck Whipple**

*High School, Middle School, Elementary School (FS.2, ED.2)*

Session participants will look at factors that could increase the risk of experiencing thoughts or behaviors of suicide for gender creative youth. During our time together, participants will learn ways to increase respectful and affirming spaces for gender non-conforming youth. Finally, participants will be charged with looking at how their own attitudes and beliefs could affect youth within the LGBTQI+ population.

8:30 – 9:45am AmeriCorps – Youth Site Supervisor Meeting - Room 10\*\*

10:00 – 11:15am Concurrent Workshops

Workshop #26 – Room 2

 **I’m Gonna Find a Way – Repeat**

Workshop#27 – Room 3

**Ending the Ignorance and Breaking the Stigma of Head Lice – Repeat**

Workshop #28 – Room 4

 **Stick and Stay: Preventing Burnout – Jeremy Taylor**

*High School, Middle School, Elementary School, Preschool (FC.4)*

Burnout is real, and sadly it’s also very common, especially for leaders who do mentally and emotionally taxing work. But the good news is we can accept it, address it, and work on avoiding it.

Learning objectives include (1) recognizing burnout, (2) how to practice self-care to avoid burn out, and (3) how to support peers/colleagues who are experiencing burnout.

Workshop #29 – Room 5

**Cyber Safe Teen – Repeat**

Workshop #30 – Room 6

**Girls on the Run – Repeat**

Workshop #31 – Room 7

**Family First Prevention Act – Repeat**

Workshop #32 – Room 8

**Kids On The Block – Repeat**

Workshop #33 – Room 9

**Reinventing Our Messages: Promoting Action for the Prevention of Child Sexual Abuse – Laura Chowning**

*High School, Middle School, Elementary School, Preschool (FS.2)*

The way we talk about social problems affects how people understand their causes and solutions. Each of us has beliefs and values we use to help us decide the meaning of messages received. Intentional framing is needed to understand complex issues and build support for programs and policies. Research and analysis has shown Prevent Child Abuse Kentucky we have work to do in how we frame child sexual abuse and its prevention. We want our messages to promote action and move individuals to intervention and prevention. This workshop will summarize the work already completed around reframing child sexual abuse messaging in Kentucky, as well as the importance of adequate message frames moving forward. Participants will leave with an understanding of proper framing for difficult topics, and the tools to create new appropriate messages for difficult social issues, specifically child sexual abuse.

10:00 – 11:15am AmeriCorps – Service Member Meeting - Room 10\*\*

11:30am – 1:00pm Networking Activity & Luncheon, Session #34 – Main Ballroom

***\*\*\*Please sit with the color matching the color dot on the back of your name badge.\*\*\****

1:30 – 2:45pm General Session Keynote - Twany Beckham, Session #35 – Main Ballroom

3:00 – 4:15pm Concurrent Workshops

Workshop #36 – Room 2

**Successful Collaboration between a YSC, FRC, and the Community – Christy Hardin, Traci Gould**

*High School, Middle School, Elementary School (FS.2)*

This workshop will explore two successful programs that highlight collaboration between an FRC, YSC and community partners. We will be discussing our “Cougar Buddies” program, a mentoring program between High School and Elementary students, and “Adulting Day”, a life skills program for High Schoolers. We will go through planning, community and family engagement, and implementation. We will also focus on the many ways that we involve our community in our programming.

Workshop #37 – Room 3

 **Laughter and Tears – Betty Lawson, Laura Freire**

*High School, Middle School ( FC.4)*

History-Wrecked-Me has a combined forty three years experience working with youth. Laura will begin with a lighthearted look at life; the science behind laughter and why laughter is central to relationships. Then Betty will share her story about her childhood trauma, and how she survived and gained a sense of purpose. The goal of this session is to provide you with strategies that you can use to better your life and the lives of the students you serve.

Workshop #38 – Room 4

 **Darkness to Light – Child Abuse Indicators – Amy Hanninen**

*High School, Middle School, Elementary School, Preschool (FS.2)*

Learn the five steps to protect children – learn the facts, minimize opportunity, talk about it, recognize the signs and react responsibly. This workshop will provide you with information and keep our students safer.

Workshop #39 – Room 5

 **Connect the Dots – Whitney Cundiff, Chelsey Derifield, Beth Savchick**

*Preschool (FS.2)*

Connect the Dots is a joint collaboration built to address the need for a powerful skills based training that teaches the basics of social and emotional best practices. CTD highlights 4 easy to remember steps to address challenging behaviors. The 4 steps encompass both the “well-being” and “well-doing” of children to ensure strong social and emotional skills needed for success in school and life. CTD resources and trainings are for anyone who works with children 2-5 years of age.

Workshop #40 – Room 6

 **Mindset Matters: Teaching Growth Mindset – Lisa King**

*High School, Middle School, Elementary School, Preschool (FS.2)*

Come learn about GROWTH MINDSET! This will include a structured way to teach mindfulness, neuroscience, the power of yes and how to be gritty. We’ll review skills that you can use with groups and individuals, lesson plans, project-based learning groups, parent workshops and staff professional development ideas. Research has proven that kids with a growth mindset have positive outcomes academically and emotionally, so come see an easy-to-replicate program that will bring a new way of thinking to your students.

Workshop #41 – Room 7

 **Stick and Stay – Repeat**

Workshop #42 – Room 8

 **Keep Them Safe by Preventing Behavioral Health Issues – Paula Brown**

*High School, Middle School (FS.2)*

In order to achieve academically, students must perceive their learning environment to be safe. Substance use and suicidal behavior among students have been found to reduce the perception of safety among students. Nearly 20% of Kentucky middle and high school students report substance use, nearly 15% report suicidal planning, and 15% report feeling unsafe in their school. Addressing substance use and psychological distress as a component of school safety has the potential to improve academic achievement and lower dropout rates, truancy, and other problem behaviors. At the conclusion of the session, participants will be able to:

* Describe the current data related to behavioral health issues and school safety in schools
* Identify evidence-based prevention interventions appropriate for increasing protective factos and reducing risk factors for substance use and suicidal behavior

Workshop #43 – Room 9

 **Bikers Against Child Abuse (B.A.C.A) – Razor, Ma and Bouncer**

*High School, Middle School, Elementary School, Preschool (CB.3)*

Bikers Against Child Abuse exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is a part of our organization and that we are prepared to lend our physical and emotional support by affiliation and our physical presence. We stand ready to protect these children from further abuse. Attendees will:

* Gain knowledge of the B.A.C.A organization in Kentucky
* Establish a working directory of contacts for the appropriate B.A.C.A region
* Establish an understanding of the services B.A.C.A offers

3:00 – 4:15pm AmeriCorps – Literacy Tutors Site Supervisor Meeting – Room 10\*\*

4:30 – 5:00pm FRYSCKy Full Membership Meeting – Main Ballroom

***Wednesday July 17th (2.50 Training Hours available– 2 tracks)***

7:00 – 11:00am Registration Open

7:00 – 9:00am Bridges to Breakfast – Main Ballroom

8:30 – 9:45am Concurrent Workshops

Workshop #44 – Room 2

 **Successful Collaboration Between a YSC, FRC, and the Community – Repeat**

Workshop #45 – Room 3

**Learning Continues at Home: Building Partnerships with Parents – Bev Schumacher**

*Preschool, Elementary School (FC.3)*

Four walls of a classroom do not frame learning – success rests heavily on what families do. From academics to attitudes to social-emotional skills the education community can provide ideas, support, and encouragement setting the stage for meaningful home learning. Decades of research shows that students who have parents that are engaged will do better in school. Join this session to consider how you “R” going to make PARENTS your PARTNERS.

Workshop #46 – Room 4

 **Just Breathe – Amy Hanninen**

*High School, Middle School, Elementary School, Preschool (FC.4)*

In our jobs, we are often so busy taking care of everyone else that we neglect ourselves. This workshop will focus on simple and easy self-care techniques that are great for yourself and the students we work with. It is ok to take a moment for yourself. As a trauma informed yoga instructor and having worked in the crisis field for 20 years, I know we must take care of ourselves if we want to continue making the world a better place.

Workshop #47 – Room 5

 **How Healthy Is Your School: A Check-Up (with Resources) – Jim Tackett**

*High School, Middle School, Elementary School, Preschool (FS.2)*

We are bombarded repeatedly with information to incorporate healthy behaviors into our lifestyle. But what does it mean to have a “Healthy School”? Is it an idealistic view in today’s world? Participants will explore the new Whole School, Whole Community, Whole Child (WSCC) model and how it comes to life in schools like yours. Tons of resources/ideas will be shared to help your school enhance its positive impact on academic and health outcomes. You won’t want to miss it!!

Workshop #48 – Room 6

 **Staying Relevant While Remaining Resilient – Lisa King**

*High School, Middle School, Elementary School, Preschool (FC.4)*

In a world that changes so quickly, how can educators remain relevant and up-to-date on current trends when our plates are already so full? And as we strive to learn about innovative practices how can we remain resilient? This session will provide inspiration as well as some practical ideas as we explore both the quest for learning and the need for self-care.

Workjshop #49 – Room 7

 **Human Trafficking: Street Signs and Recruitment Methods – Allyson Taylor**

*High School, Middle School (FS.2)*

300,000 US kids are trafficked for sex within the United States every year. This workshop will dispel the common misconceptions about trafficking that often keep us from identifying victims of trafficking. It will also outline common recruitment methods traffickers use to pull kids into the sex trade and what indicators you can look for to intervene and help a kid avoid recruitment or get them out of the life before it is too late

Workshop #50 – Room 8

 **“Echoes of Columbine” Film and Discussion – Special Agent Lance Rollins**

*High School, Middle School, Elementary School (FS.2)*

In the wake of continuing active shooter incidents, the overriding theme from schools and communities is to ask, “What can be done to stop these attacks?”. “Echoes of Columbine” will share significant research showing that although there is no single profile of a typical active shooter, there are patterns and behavioral indicators that can be identified. The video will discuss some of the warning signs, from K-12 school systems, to college and university campuses.

Workshop #51 – Room 9

**The Effects of Parental Substance Abuse on Children – Deborah Acker, RN, Jeanne Keen, RN**

*High School, Middle School, Elementary School, Preschool (FS.2)*

This presentation will look at the various ways parental substance abuse effects children. It will discuss the effects on child development as well as the effects on the entire family. This presentation will also include a presentation on START and KSTEP, two programs dealing with substance abuse and families.

10:00 – 11:15am Concurrent Workshops

Workshop #52 – Room 2

 **Adolescent Substance Use Disorders: Trends, The Brain, and Treatment – Geoff Wilson, LCSW, LCADC**

*High School, Middle School (FS.2)*

This workshop will provide attendees with an in-depth review of the prevalence of adolescent substance use disorders, the impact that a variety of substances have on brain development, and important aspects of treatment for teens. Trends in overall mental health with youth will be highlighted, including the role of social media and family dynamics in the level of stress that kids are experiencing today.

Workshop #53 – Room 3

 **Where do FYRSC’s Fit in Kentucky’s New ILP Process?**

*High School, Middle School, Elementary School (CB.3)*

Dr. Damien Sweeney from the KY Department of Education will review the new ILP in Kentucky and facilitate a round-table discussion for FRYSCs to better understand the new ILP system and help them find their place within this system.

Workshop #54 – Room 4

 **Talking to Your Students in Trauma – Amy Hanninen**

*High School, Middle School, Elementary School, Preschool (FS.2)*

This workshop focuses on talking to the students in crisis and trauma that we see daily. Learn different techniques to help calm the student, what to say and how to help them. This workshop will also discuss handling disclosures, our responsibility and resources in each community.

Workshop #55 – Room 5

 **Envisioning Safer Communities: Sexual Violence Prevention in Kentucky – Astraea Howard, Miranda Stocker**

*High School, Middle School (FS.2)*

Kentucky is on the cutting-edge of comprehensive sexual violence prevention in the country. Come learn about the innovative prevention strategies being implemented throughout the state, making Kentucky’s schools and communities safer. Find out how you can be a part of the solution to end sexual violence.

Workshop #56 – Room 6

**Mindfulness and Self-Care – Lisa King**

*High School, Middle School, Elementary School, Preschool (FC.4)*

Mindfulness is a concept to learn about not only to teach students, but also so we know how to practice it for self- care. We will discuss different definitions of mindfulness and review benefits such as stress-reduction and decreased discipline referrals. Practical ideas for lessons, small groups, and individual sessions will be shared. We will also discuss other aspects of self-care so we can learn to treat the compassion fatigue that can be inevitable while working in a school setting.

Workshop #57 – Room 7

 **Human Trafficking – Repeat**

Workshop #58 – Room 8

**Biker’s Against Child Abuse – Repeat**

Workshop #59 – Room 9

**The Effects of Parental Substance Abuse on Children - Repeat**

***\*\*Meetings for AmeriCorp Members Only***

***Thank you for attending the 2019 Victory Over Violence Conference!***

***Please find us on Facebook and Share Your Conference Photos!***

***We hope you built your bridge to a brighter future and have a safe trip home!***

***#VOV2019***