

Virginia Head Start Association Health Institute

Keys to Unlock Healthy Families

For Head Start Directors, Health Managers and Family Services Staff

Stonewall Jackson Hotel, Staunton, VA 24401

November 2-4, 2016

Tuesday, November 1, 2016

4:00 – 6:00pm Early Registration

Wednesday, November 2, 2016

7:00 – 8:00 Buffet Breakfast (provided in the 24 Market restaurant)

8:00 – 8:10 Welcome & Announcements

8:10 – 9:10 **Keynote: Trauma Informed Care**
Erin Cuppett, MS, Resident in Counseling - Trauma Informed Care is an approach to delivering behavioral health services that involve viewing trauma and its impact through an ecological and cultural lens. How do we incorporate this into our daily work as a standard, best-practice among providers of all kinds?

9:15 – 10:45 90 MINUTES

<p>Health – <u>7 Critical Vision Milestones to Monitor in Year 1 and Why Johnny Can't Focus in Circle Time</u> – <i>P. Kay Nottingham Chaplin, EdD</i> – Part 1: 7 key vision developmental milestones in year 1, questions to ask in checklist format, and next steps. Part 2 describes 7 child behaviors that could be related to vision and new literature linking vision and learning problems.</p>	<p>Family Services – <u>Paths to Healthy Careers in Caring Professions</u> – <i>Kathy Guisewite</i> – Let's address professional expectations, best practices in working with children, and the absolute need for joy, replenishment, and balance in every classroom. Leave with tools and resources to keep your heart light and children thriving!</p>
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10:45 – 11:00 **Break** (beverages provided)

11:00 – 12:30 90 MINUTES

<p>Health – <u>Early Childhood Oral Health/Tips and Tricks to Healthy Mouths for Young Children!</u> – <i>Jacqueline Wake, Kami A. Piscitelli, RDH</i> – Come learn about the importance of early oral health care! We will discuss good oral health practices, PIR reporting, oral health activities that can be done with children/families and how to form community partnerships around oral health.</p>	<p>Family Services – <u>Expanding Possibilities for Children: Linking EHS and Early Intervention (Part C)</u> – <i>Lisa Thomas, M.S.W., Ed.S</i> – Participants will understand Part C requirements and the programmatic and policy challenges of collaboration, discuss strategies to overcome barriers and develop an action plan to improve working relations between EHS and Part C in your service area.</p>
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12:30 – 1:45

Lunch (provided in the 24 Market restaurant)

1:45 – 3:00

75 MINUTES

<p>Health – <u>"Ray & the Sunbeatables" Sun Safety Curriculum</u> – <i>Debbie Birdwell, BBA</i> – The workshop will introduce participants to sun safety behaviors for children to reduce the risk of developing skin cancer. The curriculum kit is available at no cost to sites who have a trained representative.</p>	<p>Family Services – <u>Pathways to Responsible Fatherhood</u> – <i>Lisa Thomas, M.S.W., Ed.S/Amy Bornhoft, M.Ed</i> – This workshop will provide tips for engaging and involving fathers and other significant males in the areas of child development, healthy relationships, and workforce development using innovative approaches and community partnerships.</p>
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3:00 – 3:15

Break (beverages provided)

3:15 – 4:30

75 MINUTES

<p>Health – <u>What Critters Are Bugging You?</u> – <i>Toussaint Morgan</i> – Gain an understanding of the symptoms, treatment and management of bed bugs and head lice. Discuss facts, dispel myths and confirm truths about bed bugs and head lice. Discuss strategies for prevention.</p>	<p>Family Services – <u>Engaging Families is More Important than Ever!</u> – <i>Aleta Lawson</i> - Looking for new ways to foster strong relationships with families? Want to be certain you are up-to-date on what's trending today? Learn how meaningful family engagement contributes to children's school readiness and healthy development; how to enhance parent, family, and community engagement (PFCE) practices; and support professional development. You will also learn how to find resources, guides, videos, digital tools, and more!</p>
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Thursday, November 3, 2016

7:00 – 8:00 Buffet Breakfast (provided in the 24 Market restaurant)

8:00 – 8:10 Announcements

8:10 – 9:10 **Keynote: Leading the Way to Health through Promoting Young Children’s Active Play**

Diane Craft, Ph.D. – Learn practical strategies to help families and HS/EHS teachers meet the physical activity needs of young children. Discover healthful, inclusive physical activities that use inexpensive equipment, work in small spaces, and are fun to play together.

9:15 – 10:45

90 MINUTES

<p>Health – <u>More Active Play! Learn Additional Fun Physical Activities to Play with Young Children</u> – <i>Diane H. Craft, Ph.D.</i> – Learn more fun, inclusive, developmentally appropriate physical activities that use inexpensive equipment, small spaces, and work well in Head Start and Early Head Start homes and classrooms. View videos of 18-month to 5-year-olds playing these fun activities and try a few, too!</p>	<p>Family Services – <u>Tenants’ & Debtors’ Rights in Virginia</u> – <i>John Whitfield, Esq./Sarah Morton</i> – Learn the basics of residential landlord-tenant law in VA, focusing on those areas where low-income tenants most frequently run into problems, including evictions, substandard housing conditions, and other common legal problems. We will cover the basics of creditor-debtor relationships under VA and federal law, highlighting those areas where low-income Virginians most frequently face problems, including debt collection, garnishments, bankruptcy and debtor protections.</p>
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10:45 – 11:00 **Break** (beverages provided)

11:00 – 12:30

90 MINUTES

<p>Health – <u>Culture of Safety</u> – <i>Toussaint Morgan</i> – Increase awareness of the importance of safety and injury prevention; Improve understanding of how everyone can contribute to a culture of safety and implement ten actions that create a culture of safety</p>	<p>Family Services – <u>Importance of Good Credit and Money Management</u> – <i>Lindell Chavis</i> – Take all the mystery out of managing our income, how to cut back on expenses, and pay ourselves first. Learn how to create and/or repair our credit, why good credit is so vital and protection from ID theft.</p>
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12:30 – 1:45

Lunch (provided in the 24 Market restaurant)

1:45 – 3:00

75 MINUTES

<p>Health – <u>Health Advisory Committee</u></p>	<p>Family Services – <u>Creating Powerful Family, School and Community Partnerships</u> – <i>Darla Edwards, Stephanie Prokity</i> - The participants will gain an understanding of the current challenges, shifts in parent behavior, and strategies and tools to better build family-teacher partnerships through audience participation and examples of innovative outreach technologies.</p>
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3:00 – 3:15

Break (beverages provided)

3:15 – 4:30

75 MINUTES

<p>Health – <u>Health Advisory Committee</u></p>	<p>Family Services – <u>Policy Council - How Does It Work?</u> – <i>Dawn Ault, Edna Jackson-Jones, Deanna Carter</i> – This workshop provides an overview of Policy Council and shared governance, the regulations behind it, and keys to making it successful for your program. Family Advocates will learn more about the purpose and process of Policy Council so they can encourage parents to become more engaged in the process.</p>
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Friday, November 4, 2016

7:00 – 8:00 Buffet Breakfast provided (provided in the 24 Market restaurant)

8:00 – 8:10 Welcome & Announcements (no keynote on final day)

8:15 – 9:45 90 MINUTES

<p>Health – <u>Reveal The Leader Within</u> – <i>Raj Kapur</i> – Based on John Maxwell's 21 Irrefutable Laws, 15 Laws of Growth & Everyone Communicates few connect, major principles of connectivity, Personal Growth and leadership will be discussed. Communication is the key in dealing with day to day activities.</p>	<p>Family Services – <u>The 'Culture' of Behavior: Special Considerations in Behavioral Management</u> – <i>Amy K. Noggle, Ph.D.</i> – Challenging behaviors in young children are continually on the rise. As the cultural fabric of our country continues to change, it is increasingly important that educators consider the customs and beliefs of each child's family in behavior planning.</p>
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9:45 – 10:00 **Break** (beverages provided)

10:00 – 11:30 90 MINUTES

<p>Health – <u>Playground Safety</u> – <i>Taren Thomas</i> – This workshop will help participants learn proper way to inspect the playground. This includes physical layout of the outdoor play areas, play area for sight supervision, play area for age appropriate design and fall surfacing materials.</p>	<p>Family Services – <u>Learning and Growing on the Move - Supporting Homeless and Highly Mobile Children</u> – <i>Patricia A. Popp, Ph.D.</i> – Families with young children are the fastest growing subgroup experiencing homelessness. Head Start is a partner in buffering the negative effects of mobility and homelessness. Come learn about the impact on young children and what we can do.</p>
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11:30 – 11:45 **Closing, Reflection, Door Prizes
Lunch on your Own**