

Virginia Head Start Association Health Institute

Health, Mental Health & Beyond: The Family Connection

For Head Start Directors, Health Managers and Family Services Staff
Boar's Head Inn, 200 Ednam Drive, Charlottesville, VA 22903, (877)-250-4485

October 27-29, 2015

Monday, October 26, 2015

4:00 – 6:00pm Early Registration

Tuesday, October 27, 2015

7:00 – 8:00 Continental Breakfast

8:00 – 8:10 Welcome & Announcements

8:10 – 9:10 **Keynote: Dr. Colleen Kraft –“Health-One Step Higher Up the Ladder Out of Poverty!”**

9:15 – 10:45

<p>Health – Dr. Colleen Kraft <u>Myths and Facts in Pregnancy</u> Identify common health myths related to pregnancy, gain information about health facts for pregnant women and resources on health during pregnancy to share with expectant families in your Early Head Start Programs. Includes Q/A time.</p>	<p>Family Services – Olivia Burlingame Goumbri-NHSA- First Advocates- Parents as Advocates Training Project <u>How to Powerfully Tell Your Story as the Parent of a Head Start Child</u> <i>Part 1-please sign up for Part 2 if you are taking this session.</i> This workshop will teach parents and staff the basic skills necessary to communicate their Head Start story powerfully with elected officials, the media and their community.</p>
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10:45 – 11:00 **Break** (beverages provided)

11:00 – 12:30

<p>Health – Katie Humphrey, RN, BSN, CCHC MASTER MAT Trainer <u>Infection Control in the Classroom...Breaking the Link Between Germs and Kids of all ages (children & staff)</u> Will include signs & symptoms of child exclusion practices, best practices in the control of spread of disease transmission, & MAT certification options. This will be a fun & interactive session with plenty of time for Q/A.</p>	<p>Family Services – Olivia Burlingame Goumbri-NHSA- First Advocates- Parents as Advocates Training Project <u>How Parents Can Build Lasting Relationships with Elected Officials Part 2</u> Parents and staff will gain the skills necessary to build a lasting relationship with their legislators. Parents will become empowered as they secure meetings with elected officials and will increase their confidence after conducting meetings with them.</p>
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12:30 – 1:45 **Lunch**

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1:45 – 3:00

<p>Health – Karin Spencer EdD <u>HIPAA/FERPA-What does it mean for Early Head Start and Head Start Health staff?</u> Your questions will be answered on all aspects of these Federal laws and how they impact the medical and educational information of children and families in Head Start programs in Virginia.</p>	<p>Family Services – Essey Workie, Regional Administrator for Children and Families, Region III- Department of Health and Human Services <u>Early Learning for New Americans: An Opportunity for All of Us.</u> Interactive discussion around two Presidential initiatives - early learning and immigrant integration. Federal partners will discuss key developments. State and local partners will highlight real-life examples and practical tips to you in your programs. Together, we'll engage in creative mind-mapping exercises to facilitate the brainstorming process and identify next steps.</p>
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3:00 – 3:15

Break (beverages provided)

3:15 – 4:30 75 MINUTES LAST SESSION

<p>Health- Sarah Boggs, M.D. - UVA- General Pediatrics; Pediatrics at Orange <u>From Mickey Mouse to Measles: Immunizations in 2015</u> A comprehensive look at all things Immunizations: current schedule by AAP, re-emergence of vaccine preventable diseases: including measles and Pertussis, address controversies related to vaccines; including review of safety and side effects.</p>	<p>Family Services – Carolyn Tyler <u>ERSEA – Train the Trainer</u></p>
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Wednesday, October 28, 2015

7:00 – 8:00

Buffet Breakfast

8:00 – 8:10

Announcements

8:10 – 9:10

Keynote: Kristin Roorbach Jamison, M.T., and Ph.D. - The Loop Center: “Early Childhood Mental Health: Laying the Foundation for a Happy, Healthy Successful Child.”

9:15 – 10:45

<p>Health – Kathleen Borowitz, MS, CC-SLP, University of Virginia <u>Can we Talk? Speech, language and hearing issues in the young child</u> Differentiating Speech & Language, Common Speech & Language Problems, Hearing loss, Milestones, stuttering, hearing testing best practices, and much more.</p>	<p>Family Services – Kristin Roorbach Jamison, M.T., Ph.D. <u>Promoting Consistent, Positive, Reciprocal Interactions between Children and Caregivers</u> The Loop Center- provide strategies to capitalize on the continuous “loop” of child/caregiver interactions to provide the most consistent, high quality, and authentic teaching moments.</p>
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10:45 – 11:00 **Break** (beverages provided)

11:00 – 12:30

<p>Health –Christina Kunkle, RN, CTA Certified Life and Wellness Coach <u>“6 Brave Steps to Personal Freedom Through Self-Leadership” ... and a Timely Truth Bomb about the Pursuit of Happiness.</u> Interactive session for health staff as she takes us down the path to wellness as we lead ourselves and others.</p>	<p>Family Services – Angele Doyne, National Black Child Development Institute- Program Manager- Cultural Awareness-the Black Child- Washington, DC <u>Building Trusting Relationships that Engage, Empower and Support Young Black Children and Their Families.”</u> Learn how to implement the strengths-based principles and culturally-relevant activities of our Parent Empowerment Program as a way to support families, build strong and meaningful relationships and much more.</p>
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12:30 – 1:45 **Lunch**

1:45 – 3:00

<p>Health – Jodi Powers, R.N., J. D., Deputy Executive Director of the Virginia Board of Nursing <u>RN, LPN Scope of Practice and Board of Nursing legal Issues-</u> Everything you need and wanted to know about what is covered under your Department of Health Professions License as you work with children and families in Virginia.</p>	<p>Family Services- Christina Kunkle, CTA Life and Wellness Coach <u>“Thrive Under Pressure”: Success Tips to Create Emotional Hardiness and Cultivate Resilience.</u> Family services staff, this self-wellness venture is designed for you in mind as you strive to take care of the complex needs of children and families in your caseload.</p>
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3:00 – 3:15 **Break** (beverages provided)

3:15 – 4:30 **75 MINUTES LAST SESSION**

<p>Health- Emily Keenun, MS. Health Initiative Coordinator, Va. Early Childhood Foundation <u>Getting children to Kindergarten at a healthy weight- Evidence based, practical approaches for supporting children’s health</u> Learn about the current state of childhood obesity, the impact on children’s readiness to learn, & the CDC recommendations for early learning environments. This session will provide strategies you can implement immediately in your work and share your thoughts with your colleagues.</p>	<p>Family Services – Debbie Pfeiffer, Ed. D, CED & Director of Outreach Programs, Virginia School for the Deaf and the Blind & Dr. Julie Durando-Director, Virginia Project for Children and Young Adults with Deaf-Blindness <u>A Sensory Experience: Partnering with Families with Deafness and Blindness.</u> Comprehensive needs of families with deafness and blindness. Discussion, simulation of sensory loss and many take away resources.</p>
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Thursday, October 29, 2015

7:00 – 8:00 Continental Breakfast

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

8:15 – 9:45

<p>Health – Kristie Trousdale, MPH, Children's Environmental Health Network: Washington, DC <u>Creating Healthier Environments for Smarter, Healthier Children.</u> Why are children uniquely vulnerable to hazards (unsafe plastics, cleaning products, fragrances, weed and bug killers) within their environment? What can we do to protect them? Learn about Eco-Healthy Child Care® resources and much more about providing a healthy environment in Head Start programs and homes.</p>	<p>Family Services – Charlottesville Police Department's Domestic Violence Unit, the Charlottesville Commonwealth's Attorney's Office and the Charlottesville Department of Social Services <u>A Comprehensive Look at Domestic Violence in Virginia</u> Various disciplines involved in family domestic violence and how it can affect your work with children in Head Start. They will include mandated reporting, advocate role, police role, local statistics, red flags, documentation, safety planning and much more.</p>
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9:45 – 10:00 **Break** (beverages provided)

10:00 – 11:30

<p>Health – <u>Health Advisory Committee- Quarterly meeting</u> This meeting is taking the place of the September/November meeting in Ashland. One comprehensive meeting at the Health Institute.</p>	<p>Family Services – Lakeshia Yancey, Parent Educational Advocacy Training Center <u>Who, What, and When of Early Intervention: Your Families' Needs</u> General Information on early intervention, family goal setting, transition planning and communication techniques to use with your families.</p>
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11:30 – 11:45

Closing, Reflection, Door Prizes
Lunch on your Own