



MICHIGAN
HeadStart
ASSOCIATION

5th Annual MHSA Health Institute

November 7, 2019

Radisson Hotel Lansing at the Capitol



Executive Director's Message



Dear Friends and Colleagues:

Welcome to the 5th Annual MHSA Health Institute! We are excited to bring you an impressive group of speakers who have given their time and expertise to strengthen our early childhood learning community in the health field. We also want to thank our major sponsors for their generous contributions to our conference. As always, we have an interesting mix of exhibitors and encourage you to use the breaks provided to visit their booths.

As you know, Head Start staff wear many hats, and often your roles overlap, to create a collaborative effort with your families' goals in mind. Therefore, this Annual MHSA Health Institute will include workshops designed for early childhood staff who work with families on all aspects of health, including mental and physical well-being, oral health, trauma, and much more! This is also an opportunity to network with other agency staff in your position and share best practices.

We know that 2020 will bring with it the continuing challenges of the opioid crisis as well as the impact of trauma on our children and families. As always, we at MHSA continue to work diligently to support and enable you to best meet these challenges in your programs.

With so much on our horizon, I encourage you to use this wonderful opportunity to take promising practices and new ideas back to your programs, classrooms and communities.

I look forward to spending this day with you!

Sincerely,

A handwritten signature in black ink that reads "Robin J. Bozek".

Robin J. Bozek
Executive Director
Michigan Head Start Association

Thank You to our 5th Annual MHSA Health Institute Sponsors



**THANK YOU
FOR YOUR SUPPORT!**

 **DELTA DENTAL**®

detroit institute  for children

Keynote Speaker

Garbage Bag Suitcase: A Survivors Guide to the Long Term Impacts of Children in Foster Care



Shenandoah Chefalo **Faculty Member** **Center for Trauma Resilient Communities**

Children and youth who have experienced trauma, broken and insecure attachments, and other assaults to the brain present significant challenges to families. Speaking from a point of personal experience, Shenandoah Chefalo is a professional coach and author who presents to professional and family audiences across the country.

In her earlier research, she learned that there were nearly 400,000 children in the foster care system each day in the United States. Out of those children, nearly 61% would age out of the system without having a place to live, nearly 50% end up incarcerated within 2 years of aging out and almost 80% of people on death row are former foster alumni. These and other statistics made Shenandoah realize that she had to do something.

A survivor and alumni of the foster care system, Shenandoah Chefalo is also the co-founder of the #4600andCounting, a grass-roots movement to bring awareness and change to the missing youth of foster care. She is also a faculty member and trainer at The Center for Trauma Resilient Communities a new initiative by the Crossnore School and Children's Home to help organization translate the science of trauma and adversity.

Shenandoah published her memoir, Garbage Bag Suitcase earlier this year and has been featured on radio and television, locally, nationally and internationally.

Thursday, November 7, 2019

Registration & Buffet Breakfast - Capitol Ballroom I & II						
7:30 - 8:30	Registration & Buffet Breakfast - Capitol Ballroom I & II					
8:30 - 8:45	Welcome - Robin J. Bozek, Executive Director, Michigan Head Start Association - Capitol Ballroom I & II					
8:45 - 9:45	Opening Keynote Speaker - Shenandoah Chafalo, Author & Advocate at Garbage Bag Suitcase and Faculty at Center for Trauma Resilient Communities					
	Rooms	Capitol I	Capitol III	Capitol IV	Michigan II/III	Regency II
10:00 - 11:00	Dr. Andrew Hashikawa Child Care Emergency and Disaster Preparedness: What Every Early Learning Provider Needs to Know	Christine Muska Helping the Helpers: Preventing and Managing Vicarious Trauma	Abigail Cudney, Kea Norrell-Aitch, and Jade Richards Expanding Child and Family Success with ACEs Awareness and Trauma Informed Approach to Services	LaNissa Trice and Linda Langosch Coordinated Comprehensive Services (Part I)	Crystal D'Agostino and Shaun Taft Power Up: The Importance of Fruits, Vegetables, and Physical Activity in Early Childhood	
11:15 - 12:15	Dr. Carolyn Joy Dayton Sad and Distressed Dads: Perinatal Mood and Anxiety Disorders in Fathers	Allison Holecsek, Dakota Gunter, and Carla McNamara Feeding and Swallowing Intervention for Pediatric Clients- A Behavioral and Physiological Overview	Dr. Jeri Antilla Maternal Mental Health and it's Association with Fetal and Infant Health Outcomes	LaNissa Trice and Linda Langosch Coordinated Comprehensive Services (Part II)		
12:30 - 1:30	Buffet Lunch - Capitol Ballroom I & II					
1:45 - 3:00	Shenandoah Chafalo Leading a Trauma Informed Workplace	Lauren Frey Overdose Prevention and Narcan Training	Pamela Crljenica Understanding the Impact of Retained Reflexes on Relationships, Development, and Learning	Emily Cataldo Sensory Integration Dysfunction in Early Childhood	Sheilah Hebert and Latashia Perry Equity in Breastfeeding and Nutrition Education	
3:15 - 4:30	Shenandoah Chafalo Leading a Trauma Informed Workplace	Lauren Frey Overdose Prevention and Narcan Training	Dr. Holly Brophy-Herb What's on Your Mind? Talking About Infants' and Toddlers' Mental States	Panel 2020 Vision for the Future of Oral Health in Michigan	Danielle Arnold and Jamie Cotter Get a Head Start on Inclusion!	

Schedule At-A-Glance

Thursday, November 7th | 10:00am - 11:00am

“Child Care Emergency and Disaster Preparedness: What Every Early Learning Provider Needs to Know”

ROOM: Capitol I

Dr. Andrew Hashikawa, Pediatric Emergency Medicine Physician and Michigan AAP Early Childhood Champion,
Michigan Medicine, University of Michigan

Emergency and Disaster planning is absolutely essential for all child care early learning providers in order to protect children in your care, your workers, and yourself. Educational content will be based upon the emergency preparedness manual from the National Center on Early Childhood Health and Wellness. The goals of this course are to help programs to 1) identify potential risks and hazards near their site, 2) learn what written plans need to be in place for emergencies, and 3) what type of communications, practice, collaborations, and updates they need on a regular basis.

“Helping the Helpers: Preventing and Managing Vicarious Trauma”

ROOM: Capitol III

Christine Muska, MS, MA, LMFT, *Birmingham Maple Clinic*

Vicarious trauma refers to the negative changes in the helper as a result of empathetically engaging with clients who are traumatized (Pearlman & Saakvitine, 1995). It is not our fault or the fault of the people we work with. Vicarious trauma is a natural occupational hazard that can occur. The antidote to this is being self-aware and having an emphasis placed on the importance of self of the therapist (or helper) and education. Attendees will learn signs and symptoms of vicarious trauma, ways it can impact our work, prevention, and how to manage it.

“Expanding Child and Family Success with ACEs Awareness and Trauma Informed Approach to Services”

ROOM: Capitol IV

Abigail Cudney, Community Behavioral Health Program Instructor, *MSU Extension*
Kea Norrell-Aitch, Community Behavioral Health/4-H Healthy Living Educator; *MSU Extension*
Jade Richards, Community Behavioral Health Program Instructor, *MSU Extension*

Adverse Childhood Experiences, or ACEs, are significant childhood traumas that can impact health and social well-being. There is growing interest in the understanding and prevention of ACEs through a trauma-informed approach. This session will review ACEs and trauma; discuss risk and protective factors, efforts to build resiliency, and how to become trauma sensitive in the interest of children and families that we serve.

“Coordinated Comprehensive Services” (Part I)

ROOM: Michigan II/III

LaNissa Trice, Regional Health Specialist, Region V TTA Network, *STG International, Inc*
Linda Langosch; Regional System Specialist, Region V TTA Network, *STG International, Inc*

Coordination of comprehensive services support and create opportunities for families as they invest in their children’s growth and development, as well as to support children’s readiness to learn. Infants, toddlers and their families succeed when they experience high-quality services in the areas of education and child development, health, family and community engagement and supports for children with disabilities.

Thursday, November 7th | 11:15am - 12:15pm

“Sad and Distressed Dads: Perinatal Mood and Anxiety Disorders in Fathers”

ROOM: Capitol I

Dr. Carolyn Joy Dayton, Associate Professor of Social Work and Associate Director of the Infant Mental Health Training Program, *Wayne State University*

This session will present local, national and international data on symptoms of mental illness in fathers during the perinatal period. Links to caregiving will be described with implications of clinical work with fathers and families. Attendees will learn about the expression of symptoms of mental illness in fathers, the influence on early caregiving behaviors of fathers and the importance of sensitive early fathering in lives of young children.

“Feeding and Swallowing Intervention for Pediatric Clients - A Behavioral and Physiological Overview”

ROOM: Capitol III

Allison Holecek, M.A., CCC-SLP, ASHA Certified Speech-Language Pathologist, *Metropolitan Education and Healthcare Services*

Dakota Gunter, M.A., BCBA Board Certified Behavior Analyst, *Metropolitan Education and Healthcare Services*

Carla McNamara, Occupational Therapist, M.A., OTR, *Metropolitan Education and Healthcare Services*

In this session the audience will gain knowledge regarding the structure of the swallow mechanism, evaluation procedures, and role of the Speech-Language Pathologist in feeding therapy. There will also be an opportunity for the audience to identify the negative and positive behavioral components that can shape feeding disorders. In addition, the audience will also learn to understand the sensory components Occupational Therapists focus on relating to feeding including sight, touch, smell, and taste.

Thursday, November 7th | 11:15am - 12:15pm

“Maternal Mental Health and Its Association with Fetal and Infant Health Outcomes”

ROOM: Capitol IV

Dr. Jeri Antilla, PhD(c), MSN-Ed., RNC-OB, *University of Michigan*

A profound or ongoing disruption in maternal mental well-being, such as a traumatic life event, may adversely impact the maternal-fetal relationship between the mother and her fetus and the attachment bond between mother and infant. This may result in suboptimal social-emotional development of the child as he or she grows. The development and implementation of culturally relevant prenatal and postnatal assessment tools will help to identify high-risk women and give healthcare providers the opportunity to implement early treatment.”

“Coordinated Comprehensive Services (Part II)”

ROOM: Michigan II/III

LaNissa Trice, Regional Health Specialist, Region V TTA Network, *STG International, Inc*

Linda Langosch, Regional System Specialist, Region V TTA Network, *STG International, Inc*

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“Power Up!: The Importance of Fruits, Vegetables, and Physical Activity in Early Childhood”

ROOM: Regency II

Crystal D’Agostino, Senior Program Manager, *National Kidney Foundation of Michigan*

Shaun Taft, Program Specialist, *National Kidney Foundation of Michigan*

This session will provide a snapshot of the health of Michigan’s youth, and how nutrition and physical activity can prevent the future chronic disease. It will cover best practices in regards to nutrition and physical activity for preschool-aged children, and will take a closer look at NKF’s preschool-centered programming. Participants will learn about how they may be able to implement the research-supported programming in their own classrooms.

Thursday, November 7th | 1:45pm - 3:00pm

“Leading a Trauma Informed Workplace”

ROOM: Capitol I

Shenandoah Chefalo, Faculty Member, *Center for Trauma Resilient Communities*

Research informs that trauma can have a significant, life-long impact when it is not mitigated. This presentation translates evidenced-based research on trauma/adversity into skills, which can be used immediately to mitigate the negative impacts of trauma. This presentation gives actual tools on how to address client trauma, staff trauma, team trauma and a reflection of your own lens and its effectiveness on leadership.

“Overdose Prevention and Narcan Training”

ROOM: Capitol III

Lauren Frey, Organizer, *Lansing Syringe Access*

Participants will be able to recognize and respond effectively to an opioid overdose using an evidence-based model. The stages of response covered are: Assess, Administer, and Aftercare (AAA). Participants will be trained in the use of nasal and intravenous administration of Narcan (brand name of Naloxone), and can voluntarily pickup a free Narcan kit upon completion of the training.

“Understanding the Impact of Retained Reflexes on Relationships, Development, and Learning: New Information for Working with Young Children and Their Families”

ROOM: Capitol IV

Pamela Crljenica, LMSW, IMH-E (III), Mental Health Therapist, *Ledges Wellness, LLC*

Those that work with young children and their families likely understand the importance of supporting a child in meeting developmental milestones. But, what if something is interfering with development that has yet to be widely recognized? What does it mean for development if a child’s primitive reflexes, specifically Fear Paralysis and Moro, are still retained? And, how does this impact their ability to build successful relationships, learn, and grow? In this workshop, learn how to identify if these reflexes are retained and impacting a child’s development, and what you can do about it.

Thursday, November 7th | 1:45pm - 3:00pm

“Sensory Integreation Dysfunction in Early Childhood”

ROOM: Michigan II/III

Emily Cataldo, MOT, OTR/L and Lead Occupational Therapist, *Detroit Institute for Children*

Sometimes children demonstrate challenging behaviors that feel impossible to tackle or that may seem odd or strange. Sensory integration dysfunction may be the cause for these types of behaviors as the child is having difficulty processing what is happening to them and around them in their environment. In this session, we will learn about sensory integration, different signs and symptoms including sensitivities, aversions, and behaviors, as well as the appropriate steps to take for getting the right support.

“Equity in Breastfeeding and Nutrition Education”

ROOM: Regency II

Sheilah Hebert, Maternal and Infant Health and Nutrition Educator, *MSU Extension*

Latashia Perry, Certified Lactation Specialist and Breastfeeding Peer Counselor, *MSU Extension*

Women’s culture and history influence their infant feeding practices. An example of this can be seen in black women and their breastfeeding experiences. Black women have unique cultural barriers and a complex history connected to breastfeeding. From the role as wet nurses in slavery being forced to breastfeed and nurture slave owners children often to the detriment of their own children, to the lack of mainstream role models and multi-generational support, to stereotyping within the community—we need to have a different dialogue around breastfeeding and young child feeding.

Thursday, November 7th | 3:15pm - 4:30pm

“Leading a Trauma Informed Workplace”

ROOM: Capitol I

Shenandoah Chefalo, Faculty Member, *Center for Trauma Resilient Communities*

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“What’s On Your Mind? Talking About Infants’ and Toddlers’ Mental States”

ROOM: Capitol IV

Dr. Holly Brophy-Herb, Professor of Child Development, *Michigan State University*

Adults’ capacities to tune into children’s mental states and accurately interpret mental states are associated with more sensitive interactions with children. These capacities are also thought to promote young children’s social-emotional development, including their knowledge about their own and other’s emotions. This session will also address the barriers to tuning into children’s minds.

“2020 Vision for the Future of Oral Health in Michigan - Panel”

ROOM: Michigan II/III

Amanda DeLandsheer, MSHE Project Director, *Center for Healthy Women and Children ALTARUM*

Chris Farrell, MPH Director Oral Health Program, *MDHHS*

Emily Norrix, MPH Perinatal Oral Health Consultant, *MDHHS*

Patti Ulrich, Interim Executive Director, *Michigan Oral Health Coalition*

Michigan’s 2020 State Oral Health Plan represents the collaborative work of a diverse group of oral health advocates who understand that oral health is inseparable from overall health at every stage of life. It is a part of Michigan Oral Health Coalition statewide partner’s efforts to improve oral health access to care and create a state where all people can achieve optimal oral health. Hear from oral health experts about the latest Michigan oral health advocacy efforts and statewide initiatives. You have a role in creating lasting change!

“Get a Head Start on Inclusion!”

ROOM: Regency II

Danielle Arnold, Unified Champion Schools Coordinator, *Special Olympics Michigan*

Jamie Cotter, Unified Champion Schools Coordinator, *Special Olympics Michigan*

This session will explore the Young Athletes Program and the national partnership with Head Start. It will explore how to implement the program and how Young Athletes will promote health and fitness to students in the Head Start Program as well as how it is designed to be run in school and at home.

Exhibitors

Constructive Playthings

Constructing quality in early education for over 50 years, founded by a working mother and preschool teacher, Constructive Playthings is proud to offer 20% discount on non-drop ship items to MHSA members! Let our local experienced Account Manager Angela Ventro assist you with your classroom needs!

Delta Dental of Michigan

Children miss 51 million hours of school every year due to oral health related issues – most of which are preventable. At Delta Dental, we want to ensure that all children have access to a dentist and receive the dental care they need to show up to school every day healthy, pain-free and ready to learn. One way we're doing this is by working to increase awareness and utilization of the Healthy Kids Dental (HKD) program. Michigan children who have Medicaid and are under age 21 have HKD coverage. To learn more about HKD, visit www.HealthyKidsDental.org.

Discount School Supply

Discount School Supply offers the best prices on quality products for early childhood educators and parents of young children. From Arts & Crafts, Active & Dramatic Play, STEM, Manipulatives, Furniture & more, teachers and caregivers save more with Discount School Supply. Call us at 1-800-627-2829 or visit us online www.DiscountSchoolSupply.com.

Discovery Toys

Discovery Toys provides hands on, kid-powered, brain-building toys, books, and games. Products are gender neutral and provide hours of learning for children ages Birth to 103!

Detroit Institute for Children

Currently, the agency serves children with special needs in over 150 schools, Head Start, and Early Intervention programs throughout Metro Detroit, southeast, central and southwest Michigan. Services provided include speech language pathology, occupational and physical therapies, social work, psychological services, special education consulting and mental health services.



Exhibitors

Early On Michigan/Build Up

Early On is Michigan's system for helping infants and toddlers, birth to age three and their families who have developmental delays or are at risk for delays due to certain health conditions. Build Up helps parents and their children, ages 3 through 5, get additional educational support as they begin and continue to learn the skills needed to enter kindergarten. We partner with the Michigan Department of Education within the Office of Special Education.

Frog Street

Frog Street is a leading provider of comprehensive early childhood education solutions to public schools, Head Start programs and early child care centers. With a focus on children from birth to age 5, the product and service offerings include bilingual curriculum, professional learning, family engagement solutions, assessment, CDA Training and more.

Infant Safe Sleep& Early Hearing Detection Inter.

ISS-promotes the American Academy of Pediatrics guidelines for infant sleep safety. To prevent sleep-related infant deaths, infants should be placed to sleep on their back for every sleep time, on a firm sleep surface. EHDI-works with hospitals, midwives and clinics to provide hearing screenings and to identify infants who are deaf or hard of hearing. The program works with MI Hands & Voices for resources and support for families with infants who are deaf or hard of hearing.

Kaplan Early Learning Company

Kaplan Early Learning Company offers a wide array of products and services to serve the Early Childhood classroom. Our research-based curricula, assessments, educational materials, and professional development topics are created to enhance the education of young children and spark their creativity and imagination.

Michigan Department of Health and Human Services-Childhood Lead Poisoning Prevention Program

Michigan Department of Health and Human Services' Childhood Lead Poisoning Prevention Program maintains a surveillance data base of all blood lead tests done in the State of Michigan. We provide Education and Outreach as well as technical assistance and guidance to primary care providers, Nursing Case Managers at all local Health Departments, non profit organizations and families.



Exhibitors

Michigan Department of Health and Human Services- Oral Health

Head Start Performance Standards and Reporting Requirements include indicators for oral health. Let the MI Department of Health and Human Services-Oral Health Unit help provide resources to Head Start programs to meet these standards and requirements by visiting our exhibitor booth and meet with our state Head Start Dental Hygienist Liaison, Susan Deming, who can help you connect families to a dental home, add oral health into daily routines, and answer questions.

McMillen Health

Brush Early Childhood Oral Health Curriculum was developed in 2012, in an effort to change children's health status and help children enter Kindergarten ready to learn. We advocate for the establishment of a dental home by age one and promote oral health education for all who influence a child's health status, including parents, caregivers, educators, and health practitioners. The Brush curriculum is an interdisciplinary oral health curriculum aimed at low-income children and their parents.

Metropolitan EHS Pediatric Therapy

MetroEHS Pediatric Therapy provides services at our Therapy Centers across the Metro Detroit area as well as screenings for educational organizations (daycares, preschools and private schools) and staffing services for Special Education and Healthcare facilities across the state.

National Kidney Foundation of Michigan

The National Kidney Foundation (NKF) strives to decrease the prevalence of kidney disease and improve the quality of life for those living with it. The NKF offers prevention and disease management programs for adults, children, and youth in the Michigan area.

Special Olympics Michigan

Special Olympics Michigan Young Athletes Program is an inclusive play program for children with and without disabilities designed to build children's foundational and gross motor skills. The program is designed for ages 2-7 and can be conducted in the classroom, at home or as an after school community program. Learn how you can bring Young Athletes to your head start program today!

TEACH/MiAEYC

Find out how T.E.A.C.H. Early Childhood® Michigan scholarships can help you achieve your educational goals. T.E.A.C.H. Early Childhood® Michigan provides scholarships for child care providers and teachers to complete early childhood education coursework at participating community colleges and universities. Learn how you and/or your staff can take advantage of this program.

Prevent Child Abuse Michigan/Children's Trust Fund

Prevent Child Abuse Michigan/Children's Trust Fund is Michigan's only statewide nonprofit organization dedicated to the prevention of child abuse and neglect. Our focus is to support and fund our 73 local councils serving the 83 counties of Michigan as well as direct service programs focused on child abuse prevention! One of the ways we prevent child abuse is by raising community awareness---stop by our booth to get the latest information and learn more!"



MARK YOUR CALENDAR

MHSA Winter Assembly & Elections

January 16-17, 2020

Detroit Marriott Livonia
Livonia, Michigan



MHSA 29th Annual Early
Childhood Training Conference
March 5-6, 2020
Preconference Workshops
March 4, 2020

The Kensington Hotel
Ann Arbor, Michigan



MHSA Fall Assembly

September 17-18, 2020

Mission Point
Mackinac Island, Michigan



**Thank you for attending our
5th Annual MHSA Health Institute.**