



5th Annual MHSA Health Institute

November 7, 2019

**Radisson Hotel Lansing at the Capitol
Lansing, Michigan**

Learning Today to Support Children Tomorrow



Opening Keynote Speaker:

Shenandoah Chefalo, *Center for Trauma Resilient Communities*

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

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.





Breakout Session Descriptions:

“Leading a Trauma Informed Workplace”

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.

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

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

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.

"What's on Your Mind? Talking About Infants' and Toddlers' Mental States"

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.





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

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.

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

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.

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

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 NKFM's preschool-centered programming. Participants will learn about how they may be able to implement the research-supported programming in their own classrooms.





“Equity in Breastfeeding and Nutrition Education”

Sheilah Hebert, Maternal and Infant Health and Nutrition Educator, *Michigan State University Extension*

Latashia Perry, Certified Lactation Specialist and Breastfeeding Peer Counselor, *Michigan State University 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.

"Sensory Integration Dysfunction in Early Childhood"

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.

“Coordinated Comprehensive Services” (2 Parts)

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.





“Get a Head Start on Inclusion!”

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.

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

Abigail Cudney, Community Behavioral Health Program Instructor, *Michigan State University Extension*

Kea Norrell-Aitch, Community Behavioral Health/4-H Healthy Living Educator; *Michigan State University Extension*

Jade Richards, Community Behavioral Health Program Instructor, *Michigan State University 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.

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

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!





“Helping the Helpers: Preventing and Managing Vicarious Trauma”

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.

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

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

“Maternal Mental Health and it's Association with Fetal and Infant Health Outcomes”

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.

***Please note these are subject to change.**

