



**March 28- April 1, 2022**

**MONDAY      March 28, 2022**

**12pm- 12:55pm      OPENING KEYNOTE: I See Greatness in You: The Power of Appreciation      *Dr. El Brown***

The Harvard Business Review states that there may be nothing more precious than the feeling that we truly matter — that we contribute unique value to the whole, and that we're recognized for it. Taking time to see the greatness and uniqueness in your team is essential to appreciate the people who keep the wheel moving forward. Join Dr. El in this VHSA appreciation celebration of YOU!!!

**1:00pm- 2:25pm      Reconceptualizing Social Determinants of Health and Working Towards Systemic Change**

*Anjali Gowda Ferguson, Ph.D. (She/Her)*

Attendees will have an introduction to Social Determinants of Health (SDOH). They will gain an understanding of the impact of larger systems on health, mental health, and access to care. Participants will begin to build awareness of the complexities of systemic racism and how we must reconceptualize our practices to think more holistically. Course will include case examples and activities to promote application of knowledge with a brief introduction to racial trauma and culturally responsive approaches. Attendees will have an introduction to Social Determinants of Health (SDOH). They will gain an understanding of the impact of larger systems on health, mental health, and access to care. Participants will begin to build awareness of the complexities of systemic racism and how we must reconceptualize our practices to think more holistically. Course will include case examples and activities to promote application of knowledge with a brief introduction to racial trauma and culturally responsive approaches.

**2:30pm-3:55pm      Empowering Families to Live Intentionally**

*Brenda Workman*

Stephen Covey, author of The 7 Habits of Highly Effective People said, "If you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default." Are the families you work with allowing other people and circumstances to shape their lives by default? Would you like to empower them to set goals and begin to make changes in their lives? We know that vision and purpose open up doors of opportunity for people. In this presentation, Brenda will describe how to help your families set, plan & implement their goals. These goals can be related to education, work, financial independence, better health, parenting success, and relationships. Once they begin to set goals, take small steps to get to those goals and then, see those goals come to fruition, they will be empowered and motivated to keep setting goals. It will be the beginning of a win-win situation.

**TUESDAY      March 29, 2022**

**9am - 10:25am      Eating Intentionally- The Power of Your Plate**

*Brenda Workman*

We know food plays a huge part in our health, yet so many Americans are living with high blood pressure, high cholesterol, diabetes, heart disease and many other health concerns. How much of a role does food play in the outcomes of your health? In this presentation, Brenda will talk about the power of your plate, as well as how to practically implement good eating habits in your busy lives. She will share some healthy recipes that are quick to prepare, as well as healthy eating tips that will set you up for success. You will walk away from this presentation ready to eat more intentionally and have some tools in your belt to get you started.

# Virginia Head Start Association Virtual Health & Family Institute 2022

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**10:30am - 11:55am You Can't Pour From An Empty Cup: Promoting Staff Wellness Part I** *Rashanda Jenkins*

Staff wellness is a key component in supporting Trauma Informed Care. When providers are overly stressed it can impact the quality of care they are able to give. This session will explore the role stress play son health, effectiveness at work, as well as program wide wellness. Tools to reflect on how stress impacts our bodies, motions, and thoughts will be provided. Mindfulness strategies will also be presented as tools that can buffer the impacts of stress and can be used personally or with children and families. Promoting Wellness at a programmatic level will also be covered throughout this session.

**12:00- 12:55pm Lunch "Chat and Chew": Health Advisory Committee Meeting**

**1:00pm– 2:25pm Using the Parent Family, Community Engagement (PFCE) Framework to Promote Healing and Resilience in Head Start Programs, Part II from morning session.** *Dr. Pam Waddell*

Early learning programs have an opportunity to build a strong culture of wellness for staff, families, and children. The first step in building a strong culture of wellness often starts with establishing staff wellness programs and initiatives. Staff have the opportunity to role model these healthy behaviors to children and families creating a healthy environment. During this session, learn about effective staff worksite wellness programs being used in Virginia, share best practices from the National Head Start Associations Staff Wellness toolkit, and hear from VDH's about evidence based chronic disease management and prevention programs that Head Start staff can participate. Most importantly, you will gather and model some quick, easy strategies to promote wellness with all staff!

**2:30pm – 3:55pm Education in a Violent World: A Culture of Caring** *Dr. Steve Webb*

Veteran award-winning school administrator and police officer and Author of the Amazon best-selling book Education in a Violent World: A Practical Guide to Keeping Our Kids Safe, Dr. Steve Webb offers insights on his vast research in the prevention of violence and utilizing strategic behavior threat assessment at the classroom level to avert disaster.

**Wednesday March 30, 2022**

**9:00am-10:25am Redefining Family Resiliency Through Cultural Brokering** *Dana Yarbrough*

In this session, a panel of cultural brokers and researchers will share their process for redefining family resilience, highlight training resources, and discuss resiliency outcomes from families participating in pilot research on the intervention. The model of cultural brokering we provide based on Parent to Parent evidence informed practices is an emerging practice that has been shown effective in engaging culturally and linguistically diverse parents of children with disabilities, helping the connect and collaborate with service agencies and building their confidence in navigating and accessing early childhood, education and disability systems. Through the experiences of cultural brokers and other families of children with disabilities for which we provide parent to parent support, we have now come to better understand and redefine family resilience. Based on the work of Froma Walsh's (2016) family resiliency practice framework, we incorporated the cultural brokers' understanding of resiliency concepts; adapted training materials to build their micro skills in helping families reflect on their belief system process (e.g., normalizing distress, having high expectations, being okay with uncertainty, instilling hope to overcome challenges), organizational process (e.g., adapting to meet new challenges, reconnecting with those who have become distant, seeking support from community) and communication process (e.g., being a truth seeker, sharing positive interactions, sharing decision making, moving from reactive to proactive); and conducted research on the parent matches involving the cultural brokers. Specifically, we were interested in how families learn to apply family strengths and resources in a way consistent with their beliefs so they think about life changes and changes more positively, feel more hopeful and confident that they can manage it, and respond or adapt to challenges together.

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**10:30am- 11:55am      Simplify Your Data Management with ChildPlus**

*Jessica Elzey*

During this session, users will learn about ChildPlus Mobile and its accompanying features. With ChildPlus Mobile, users have full access to their Family Services data. You can log events, capture photos, videos, and electronic signatures, run reports, like family history reports, home visit reports, and Family Outcomes reports, and more directly from a mobile device. This session will also discuss the nationally-renowned Desired Results Developmental Profile, also known as DRDP, which is a research-based, birth to five child assessment that is also available in ChildPlus Mobile.

**12pm- 12:55pm      LUNCH "Chat and Chew": Family Service Workers Network Meeting**

**1pm- 1:55pm      Working With and Through Parents**

*Paula Vest-Woodfolk*

Parents should be the first teachers and strongest advocates for their children. Many lack confidence to operate in that role. How can we build a strong partnership with them and support their efforts? Participants will explore strategies to: overcome barriers and resistance; build rapport and trust; establish clear boundaries and expectations; and identify and maximize the strengths of each family.

**2pm- 3:55pm      Creating and Maintaining Holistically Healthy Environments During Visits and at Home**

*Dr. Raymond Heipp*

The last two years have redefined what it means to be holistically healthy. Prior to that time, many people thought it was simply enough to get through the cold and flu season by having facial tissue available and cleaning up once a week. We know now that true holistic health must be approached comprehensively in all environments. During this session, we will walk through the various areas which create a comprehensive holistic health program. We will begin with the idea of healthy environments, including infection control procedures. What are the processes to keeping both the home environment disinfected and still maintain an area that is conducive to living and growing? How can we as Family Advocates and Health Managers make suggestions and model how to improve the home environment without sounding critical? We look at the cleaning and staging of areas as well as products which can keep these areas as healthy as possible. We then move into the idea of screenings while gathering information essential to the well-being of our children. We will look at processes and products which both streamline how we might do these screenings while gathering information essential to the well-being of our children. We will also take a look at how some groups are organizing that data to make sure that our centers are the most supportive they can be. Finally, we move into supports for mental health by looking at ways to support not only our children and their families, but also out staffs, and most importantly, ourselves. We live in a world that has vastly different "norms" than two years ago. This presentation seeks to give us a foundation from which we can build better holistically healthy environments for our children and families.

# Virginia Head Start Association Virtual Health & Family Institute 2022

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**Thursday March 31, 2022**

**9am – 10:25am Picky Eaters and the Pandemic: How Can Families Get Back to Health, Happy Mealtimes**

*Dr. Nimali Fernando (aka "Dr. Yum")*

COVID-19 pandemic has drastically increased already high rates of childhood obesity. How can we help kids and families back on track with nutrition? "Several times a week, I'm faced with the frustration of a parent of a picky eater, either in my pediatrics practice or in the Dr. Yum Project Kitchen where our team teaches families to cook. These parents are tired, worn out, and out of answers," says Dr. Yum. Fortunately, taste preferences are not static. For almost all children, pickiness can be overcome. The average American family offers a vegetable just 3-5 times before they give up on it, saying "Too bad! Johnny does not like asparagus." Research shows that they may need several more exposures before they learn to accept a new food. "When it comes to food, practice makes perfect, and what I observe is that most kids just aren't practicing enough or in just the right ways," says Dr. Yum. In this presentation, we will explore fun, creative ways that you can engage kids around food. You will learn practical solutions to help teachers and families overcome some of the most common barriers to raising healthy, happy eaters like time management, meal planning, and getting kids involved.

**10:30 am– 11:55am The Power of Partnerships to "Learn the Signs" and "Act Early!"** *Deana Buck*

Want to learn more about FREE tools to enhance developmental screening in your program, empower parents to observe and track their child's development, and increase your knowledge of signs of potential delay and what to do when there is a concern? Come learn about the CDC's Learn the Signs. Act Early (LTSAE) campaign! All participants will receive samples of the resources! During the session, participants will work in small groups to talk about specific resources from the LTSAE campaign, including children's books, the milestones tracker app, and developmental checklists.

**12:00pm – 12:55pm Lunch "Chat and Chew" National Center on Health, Behavioral Health, and Safety: Q&A**

**1pm – 2:25pm NCHBHS Trauma Informed Care Series** *TBD*

TBD- Description

**2:30pm- 3:55pm The Importance of Intentionality in Promoting Growth & Development of Young Children**

*Tracey Roden*

Children grow and thrive when provided opportunities to initiate activities and follow their interests, but they also need active mentors to guide their learning through intentional and meaningful experiences. Teaching with intentionality applies best practices while offering a balance of child-guided and adult-guided experiences. Join Frog Street for this important session as we offer guidance and best practices focused on the importance of intentionality. This workshop will be geared toward Family Service Specialists to help parents work with their children at home.

# Virginia Head Start Association Virtual Health & Family Institute 2022

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**Friday                    April 1, 2022**

**9am – 10:25am      100 Easy Ways to Promote Social–Emotional Learning                    *Dr. Michael Hubler, Ed.D.***

Participants will learn about children’s social-emotional development and how to use positive reinforcement, role-modeling, stories, music and games that provide a powerful foundation to enhance children’s learning and behavior. This workshop will teach teachers and specialists the 100 Easy Ways to Promote Social – Emotional Learning to guide their children through a positive, preventative, and effective instructional approach. During this workshop participants also learn to use strategies and techniques to bring young children out of their emotional brain into their logical brain to increase peer relations, expressing their feelings in a positive manner, and to improve self-regulating behavior.

**10:30 am- 11:55am      Sign Language to Enhance Brain Development through Kinesthetic Play  
                                 Utilizing Our 4 Brains & Our Natural Communication Languages                    *Lillian Hubler***

Innovative and enriching workshop for educators/parents to learn how to enhance learning and help children by understanding their brain’s emotional inter-workings, how this impacts children’s behavior, and what we can do to help our children to have a better day – everyday! Our children’s early years are spent in their emotional brain where it is harder to self-regulate, retain information, and grow behaviorally and academically. During this workshop participants will learn how to use sign language and other techniques to bring our children out of their emotional brain into their logical brain, in time producing better self-regulation skills. Participants will learn fun and revolutionary practices on how to connect with children using their communication languages. This workshop will provide attendees with quick and easy to implement strategies that will keep children in their logical brain; walking participants through a family/child-focused childcare environment from greeting to goodbye.

**12pm - 12:55pm      Closing Keynote: "Lunch and Learn": The Secret to Building a Top Notch Village: Five keys  
                                 finding and being the support your community needs to thrive.                    *El Brown***

Through storytelling and real-life experiences, Dr. El will reveal the Secret to Building a Top Notch Village. Go on a journey of discovering the tools and strategies needed to form a winning team or village that will work in rhythm towards a common goal. We know it takes a village. So, let’s make sure that ours is Top Notch!