



Morning Breakout Sessions (10:30am - 11:30am)

Disability

**“Effective Communication Between Schools and Special Education Families”
by Emily Tennant-Koller, of Parent Network of WNY**

This workshop will help providers learn about navigating those levels of communication, how to increase communication from the beginning of the school year, and continue it throughout.

Mental Health

**“What it’s like to be me: The story of being a parent”
Stacie Dziwulski and Sabrina Timm with Mental Health Advocates of WNY**

Put yourself in our families' shoes. Being a parent/caregiver of a child with behavioral or emotional challenges is hard. How can we better understand what their life is like in order to really help and support them and their family. Presented by Family Peer Advocates who have lived this life.

Adverse Childhood Experiences/Resilience

**“Breakthrough the ACEs: Building Resiliency”
Lisa Casper with EPIC - Every Person Influences Children**

Join us as we explore recognizing trauma and understating Adverse Childhood Experiences (ACEs) in children and families as well as helping to build skills that foster resilience in children and families. Families are resilient when they are able to access their inner strengths to proactively meet challenges, manage adversities, heal the effects of trauma and thrive given the unique characteristics and circumstances of their family. We will discuss methods for increasing families’ self-efficacy so they are able to face challenges in order to enhance the positive effects on family relationships.

Lisa Casper brings over 20 years of education and community program experience in her work with EPIC's programs. She has a Masters of Education in Learning & Instruction, as well as additional graduate work in Special Education, Literacy, and Teaching & Leading for Diversity. Lisa’s instructional experience includes middle school through undergraduate level, supporting students unique learning needs as well as fostering Social Emotional Learning. She had the opportunity to provide training for school staff, parents & community partners at over 60 school districts across New York State through a cooperative Department of Education Model Transition Program. Lisa has provided training and support for adult education and workforce development programs, including presentations of research based best practices at state and national conferences. Sharing her passion for learning as a tool for problem solving is the heart of how Lisa approaches working with families in our community.



Afternoon Breakout Sessions (1:00p - 2:00p)

Disability

“Social-Emotional Development, Screening and Support”

Ann Kinney and Danielle Galenski with Help Me Grow WNY

Participants will learn about social-emotional development & brain development in children birth through five years of age, as well as developmental screening and monitoring. They will learn about the CDC’s Learn the Signs, Act Early which acts as a parent educational tool around developmental milestones & monitoring.

Finally, they will learn about Help Me Grow WNY’s free developmental screening and support to all 8 counties for families & early childhood providers including the Ages & Stages Questionnaire.

Mental Health

“Hope & Cope: Helping Youth and Families deal with BIG emotions”

Kate Hill, Marissa Ries and Christine Ziemba with Spectrum Health and Human Services

This breakout will introduce a 4-week program that can be used to normalize discussing mental health with youth (K – 12th grade). This program includes the use of regular emotional check ins, engaging activities to promote healthy coping skills, and consistent supports of a safe person.

Adverse Childhood Experiences/Resilience

“A Taste of Mindfulness”

Janice Burns with The Prevention Council of Erie County

This highly experiential breakout session will introduce or strengthen mindful awareness tools among the participants. The benefits of mindfulness practice and a brief neuroscience explanation of what our brains and bodies experience will be presented with multiple opportunities to practice take-home skills. A brief summary of The Prevention Council’s use of mindfulness in its evidence-based programs will also be included. Come and enjoy this wellness tool for yourself and consider how you may incorporate it into your work with families!