

# Maryland Head Start Association

## 2020 Winter Health Institute

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Thursday, February 27, 2020  
9:45 am -11:15 am

### ❖ *The Impact on Trauma on Children*

This presentation will help participants understand the definition of trauma and the different types of traumatic experiences that can impact child development and behavior. Teachers, Family Service Advocates and Head Start Managers will learn evidenced based strategies that create safe, trusting and supportive environments to prevent re-traumatization. These evidence-based strategies will embrace each individual's emotional and learning needs to produce positive behavior and strengthen child and family outcomes.

**Presenter: Ms. Nakia Williams** acquired a master's degree in Clinical Mental Health Counseling in 2018. Ms. Williams has over 10 years of experience working with children and families. Ms. Williams is a former Head Start parent and has over 10 years of experience working in Head Start programs. She has served as a Family Service Advocate, Family Service Coach and ERSEA Specialist. Ms. Williams is also a Survivor of a childhood traumatic experience and understands the impact from firsthand experience. This experience inspired Ms. Williams to become an advocate for children and families. She is passionate about helping individuals heal in order to reach their full potential. Working with the most vulnerable populations is where she feels her work is most valuable. Helping others to grow and develop is part of her life purpose. Being a part of the village that heals the broken and restores faith in humanity is not considered a job, but rather a reward.

### ❖ *Mastering Mealtimes Portion Sizes and Family Style Meals 1.5 hrs.*

Proper mealtime portioning and service can be confusing on paper, and in practice, many more questions come up. See correct portion sizes illustrated and get answers to common real world portioning and service questions. Also, learn tips and tricks for making mealtime a pleasant and even educational, experience through family style dining.

**Presenter: Caitlin Boland** is a registered dietitian with a passion for using nutrition to make a positive impact on the lives of children and their families. Prior to joining Novick Childcare Solutions, she was the Health and Nutrition Manager of a multi-site Head Start program. During her time there, she focused on introducing the children to new, healthy foods and ensuring CACFP compliance.

As the Novick Childcare Solutions' dietitian, Caitlin spends her time researching new products that meet the unique needs of the customer as well as the updated CACFP requirements. She assists clients with menu planning, product questions and nutritional training.

Caitlin graduated from Penn State University with a bachelor's degree in Nutritional Sciences and completed her dietetic internship at Johns Hopkins Hospital. She obtained the Academy of Nutrition and Dietetics' Certificate of Training in Child and Adult Weight Management.

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Thursday, February 27, 2020  
11:30 am -12:30 pm

❖ Legislative Update on Health on a local and national level.

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Thursday, February 27, 2020  
2:00 pm – 3:15 pm

❖ Oral Health Messages to share with Parents

Head Start and Early Head Start programs have always been the leaders in sharing the best oral health practices with children and families. As information changes and new staff become a part of the Head Start/Early Childhood family this workshop will ensure that programs are up to date on all guidelines and support best practices when sharing this information with families. This workshop will cover the following topics.

- Explain the importance of limiting foods and drinks with added sugar
- Explain why children should drink water throughout the day
- Discuss approaches for brushing twice a day with fluoride toothpaste
- Discuss the importance of having a dental visit by age 1
- Explain why good oral health is important during pregnancy
- Review steps for classroom toothbrushing at the table

**Presenter: Katy Battani, RDH, MS**, has been a dental hygienist for 17 years and is currently the project manager for the Partnership for Integrating Oral Health Care into Primary Care project at the National Maternal and Child Oral Health Resource Center at Georgetown University. Prior to this position, she led the Maryland Department of Health, Office of Oral Health's Perinatal and Infant Oral Health Quality Improvement project which focused on improving oral health for pregnant women and infants at high risk for oral disease. Katy currently serves on the Maryland PRAMS (Pregnancy Risk Assessment Monitoring System) Steering Committee and is the Maryland Dental Hygienist Liaison for the National Center on Early Childhood Health and Wellness.

**Presenter: Sue Camardese, RDH, MS** has been in public health dentistry for the over 20 years. Previously she was clinical supervisor at Children's National Pediatric Dental Department in Washington, DC. Prior to her current position with the Maryland Office of Oral Health as Regional Oral Health Coordinator, she was the first dental hygienist hired by local FQHC.

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### ❖ Self-Care and Finances

This workshop is designed to help individuals gain an awareness of how finances and self-care are connected and how they can develop a holistic approach to reduce stress, anxiety, depression and increase their knowledge base on how to best approach and achieve their personal financial goals.

Learning objectives:

1. Participants will be able to recognize triggers to stress and anxiety.
2. Participants will be able to apply knowledge learned to real life situations.
3. Participants will develop a plan of action and create a SMART goal.

**Presenter: Darlene Griffin, LMSW, CFSW**, is a graduate of the University of Maryland School of Social Work, Social Action and Community Development and Executive Director of The Be S.M.A.R.T. Project, Inc. She has an additional 18 years of experience working with various low to moderate income populations and has contributed to building communities by linking families to services that include enrollment in educational programs, job training services, affordable housing opportunities, credit repair, free tax preparation services and self-care awareness and application. Her passion to help individuals define self-care and provide financial literacy was developed during her participation with the Social Work Community Outreach Service (SWCOS). Her areas of focus include educating individuals and communities on the subjects of financial literacy, self-care, and Wellness.

**Presenter: Donte Griffin** is a Certified Family Strengthening Trainer and has more than 24 years of experience working with youth in foster care across Maryland to include Baltimore City, Baltimore County, Prince George's, Harford and Cecil Counties. He has worked in the capacity of a counselor for youth that were in out of home placements and served as a trainer and support resource for staff and parents. His ability to guide clients skillfully through tough decisions has made him an industry expert in communication intervention skills and parenting skills. Donte has trained at various homeless shelters, churches and Psychiatric Rehabilitation Programs in an effort to help others become aware of their own thought processes so they are able to work through a crisis, are open to receive new information, make better choices and achieve greater outcomes.

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Thursday, February 27, 2020  
3:15 pm – 4:30 pm

❖ **Health and the Head Start Program Performance Standards (HSPPS)**

This fun interactive workshop will test your knowledge of the HSPPS and Health, the 2020 Program Information Report and the changes to the 2021 Program Information Report.

Fascinator: Simeon Russell and Yvonne Bellamy

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