

Maryland Head Start Association 2020 Winter Health Institute

Friday, November 28, 2020
8:15 am – 10:30 am
Breakfast, Networking and Session

❖ **Health Managers Network**

Health Managers Networks foster leadership and promote the opportunities for building relationships in Head Start, Early Head Start programs and the community. During this session, Health Managers and Coordinators will engage in a facilitated roundtable discussion on Creating a Culture of Safety; Why a Culture of Safety is Important; Tips and Strategies for Creating a Safe and Healthy Learning Environment for Children, Families and Staff; and Active Supervision.

Presenter: Rashanda Jenkins joined the Region III Training & Technical Assistance Network Team as the Health Specialist in February 2019. Ms. Jenkins has over 11 years of experience working in Early Childhood Education, Social Worker and Mental Health. Ms. Jenkins has spent most of her career in Early Head Start and Head Start Programs in Northern Virginia. Ms. Jenkins has served in a variety of roles that include Early Head Start Home-based Supervisor, Grantee Program Director, and Regional Health & Nutritional Coordinator. Ms. Jenkins has also worked as the State Health Advisory Chairperson for the Virginia Head Start Association (VAHSA) for over 3 years. Ms. Jenkins served on the Virginia Head Start Association Board of Directors as the Northeast Region Director Chairperson. Ms. Jenkins earned a master's degree in Social Work from Howard University in Washington, D.C. and a Bachelor of Social Work Degree from Johnson C. Smith University in Charlotte, North Carolina. Ms. Jenkins is a graduate of the UCLA Johnson & Johnson Head Start Management Fellows Program and was a participant in the UCLA-PMFO New Directors Mentor Initiative. Ms. Jenkins currently resides in Arrington, VA with her family.

Friday, November 28, 2020
9:00 am -10:30 am

❖ **Becoming Less Stressed: Steps to a Healthier You**

This workshop will provide participants with an interactive way of understanding the concepts of self-care and wellness. We will walk through the importance of this subject as well as ways to create a state of inner calm and build resilience for the work we do.

Learners will be able to...

- identify why self-care is important and how it impacts our work
- describe how practicing self-care enables us to be more open and present in our support of others
- develop a plan for putting self-care strategies into action

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Presenter: Lauren Spigelmyer is the Founder and Executive Director of Behavior Hub. Having been in education for over a decade, she has the knowledge and experience to back her thoughts and has learned what it takes to create successful, research-supported content. Being an adventurer, she loves to find nontraditional solutions and make sure that boundaries are being pushed. Her goal is to make managing strong feelings and self-regulation a fun, interactive process and as simple and light-hearted as possible.

When not solving problems for parents, Lauren travels the world to explore non-western psychological approaches such as Indian yoga, Chinese tai chi and qigong, African drumming, aikido, judo, kendo, and capoeira from Brazil. She also creates and teaches brain biology courses at University of Pennsylvania. Her graduate work was in special education and her current research is in the neuro sequential model of treatment.

❖ *Skill Development for Home Visitors*

This session will review the role of the Home Visitors and explore the connection between parent- child interactions and positive child outcomes. Participants will explore effective home visiting practices that support parent engagement and review resources to support ongoing professional development.

Presenter: Heather McAdam has over 15 years of experience in teaching, coaching and consultation within the Early Childhood Education field. Born and raised in Phoenix, AZ, Heather provided coaching for Quality First: Arizona's Quality Rate and Improvement System. Heather has provided coaching and support as an instructional Specialist to Head Start and Early Head Start programs in the District of Columbia. Ms. McAdam has a Master's Degree in both Special Education and Early Childhood Education. Heather also hold an Infant and Family Studies certification from the Harris Infant and Early Childhood Mental Health Training Institute.

Friday, February 28, 2020
10:15 am – 11:30 am

❖ *Panel Discussion on Homelessness and Health*

Facilitator: Simeon Russell

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1:14 pm – 2:45 pm

❖ *Learn While Your "Heart" Jumps To The Beat! With My Little World Educational Music Series*

“My Little World Educational Music Series”, (MLW) is a vibrant educational tool featuring fun innovative activities that engage early educators and young children in physical activity. Using dynamic cultural music, MLW combats childhood obesity and related illnesses such as type 2 diabetes, high blood pressure and heart disease, by engaging children in daily physical activity and fun healthy nutrition education. This hands-on, interactive workshop offers the opportunity to practice the implementation of MLW and experience the programmatic support of the memorable songs and movements which deter sedentary behavior, instill healthy living habits and reinforce early literacy, pre-math and social emotional skill development. The training model for this workshop focuses on “Practical Application”, which includes a review of the program manual, study of selected lessons and participation in an interactive demonstration of the MLW techniques designed for classrooms and Early Physical Education programs.

Presenter: Natii Wright is a former Child Development Center Director, professional Jazz Artist and CEO of NatiiArts, an Arts Education Company that disseminates healthy living information through media based projects. As the creator and voice of the My Little World Educational Music Series, Natii has managed the development and expansion of this vibrant multicultural music program from songs she sang to her young students into an awesome educational tool, featured in numerous grants and multiple child development systems in states throughout the U.S. and abroad. My Little World is now presented in a full 60-minute LIVE theatre production. NatiiArts has successfully engaged early educators, children and families in healthy living programs since 2002, and continues to expand into partnerships with physicians and healthcare organizations.

Presenter: Dr. Robert Gundling has over forty years of experience as an Early Childhood Educator. His career started as a kindergarten teacher in a public-school system and includes leadership positions in Early Childhood Education at the local, state and national level. His professional identity is as a practitioner passionate about doing everything possible to ensure all children have the opportunity to participate in a high quality early care and education program that provides them with the foundation they need to thrive in life. He is currently serving as a Senior Consultant with Better Futures, LLC Consulting Services and President of the DC Association for the Education of Young Children (DCAEYC).

❖ *Why do these behaviors keep occurring and what can I do?*

This workshop will provide participants with an interactive way of understanding and explaining how chronic and traumatic stress affects children and can lead to challenging behaviors. We will also talk about the impact of stress on the brain and nervous system. Individuals will leave the workshop with techniques that build and strengthen relationships, foster respect, teach children to solve problems, and promote empathy and self-regulation.

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Learners will be able to...

1. Identify why recognizing and addressing stress is important
2. Develop an understanding of how stress renders challenging behaviors
3. Describe the parts of the brain and nervous system and how they are impacted by stress
4. Devise a plan for applying strategies to help students neutralize their stress response systems

Presenter: Lauren Spigelmyer is the Founder and Executive Director of Behavior Hub. Having been in education for over a decade, she has the knowledge and experience to back her thoughts and has learned what it takes to create successful, research-supported content. Being an adventurer, she loves to find nontraditional solutions and make sure that boundaries are being pushed. Her goal is to make managing strong feelings and self-regulation a fun, interactive process and as simple and light-hearted as possible.

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❖ Handling Life's Stressors

This workshop will cover the sources of stress (internal, external), signs and symptoms of stress and the ways each aspect of the stressors can be managed or alleviated. The components of the workshop will include conflict management, priority setting, time management and self-care strategies.

Presenter: Dr. Carla J. Debnam has a Master of Science degree in Pastoral Counseling from Loyola University Maryland and a Doctor of Ministry degree in Transformational Leadership from Ashland Theological Seminary. Dr. Debnam is a National Certified Counselor (NCC) and Licensed Clinical Professional Counselor (LCPC) in Maryland. Dr. Debnam is the founder of The Renaissance Center in Gwynn Oak, Maryland. She is a member of the American Counseling Association and National Board of Certified Counselors. Dr. Debnam has written articles on mental health topics and frequently presents at workshops and conferences on the following topics: community mental health, self-care, mind and body connection, stress and conflict management, grief and loss, healthy family relationships, integrating faith and mental health and more.

Presenter: Dr. Thomas-Parker is a very knowledgeable, outgoing, committed professional who has a very eclectic background in the field of counseling and mediation. She has received specialized training in the treatment of clients with alcohol and/or drug addiction as well as those with gambling, internet, or sex addiction. Dr. Thomas-Parker is skilled working with college students, refugees, asylees, and victims of various forms of trauma, torture and/or domestic violence. As a therapist, Dr. Thomas-Parker, has had the opportunity to work with couples, adults, teens, families, children and international clients in a multitude of settings. She is experienced in helping persons get through the stress and struggles they face.

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One of Dr. Thomas-Parker's strongest attributes is her ability to help people deal with life events (marriage, death, divorce, birth of a child, dismissal from work, marital separation, imprisonment, personal injury) in an organized, caring manner.

**Friday, February 28, 2020
3:00 pm – 4:15 pm**

**Planning Session-Moving forward Health Needs, Professional Development and Resources
Closing**
