

# IHSAdvisor:

## Reflections & Connections

### IHSA EXECUTIVE DIRECTOR UPDATES

BY LAURI MORRISON-FRICHTL



Here's to 2023! It's going to be a roller coaster of a ride, so buckle up! I think 2023 will bring lots of twists and turns and maybe we'll even be upside down at times. But remember we have each other and we won't be riding it alone. Who loves the thrill of riding roller coasters? Here's my experience. Even as we climb, I dread the fall. The click click click of the car on the track rings in my ear with each elevated foot. There is excitement and nervous energy that builds. But I'm not feeling the excitement, or enjoying it. I'm already two steps ahead to what I know is coming. As the car crests the hill, there is a moment where we seem suspended, paused. I always wish in that split second that I could just stay there, forever if needed. In that instance, I don't care that it would mean never coming down, or continuing on with life. I do not want to experience the drop. And then, I am falling. I am clinging white-knuckled, screaming. I'm both convinced it will never end and convinced it's going to end immediately with my sudden and excruciating death. I wish I could do something to stop it. I'm praying that I live through it, praying that it's over soon. And then it is. I didn't enjoy one single second of it.



So why do I say this? Well, I was in Washington DC last week! Do I need to say anymore? First, there is rumor that there may be an 18% cut to all domestic programs including Head Start. This would be devastating to our world and pile on to the difficulties we are already experiencing. The debt ceiling conversation, big cuts or raising the debt ceiling, could lead to a government shut down in October if a joint resolution is not agreed to. Representative Virginia Fox (North Carolina) now chairs the House Education and Labor Committee. She has said that those programs that fall under Ed & Labor should

*(continued on next page)*

### INSIDE THIS ISSUE:

Updates from  
Lauri Morrison-Frichtl  
IHSA Executive Director

**Donna Emmons,**  
Associate Head Start State Collaboration Dir.

Strategies to De-Stress / Unwind  
(see page 4)

**Did you know?**  
(new section)

Articles and other content just for YOU our members!

SPOTLIGHT on our Board of Directors

Head Start Careers

 **Illinois Head Start Association**  
ILHeadStart.org

Awareness Month:  
 **National Dental Health Month**  
**(free posters & more)**

get a permanent parking space as they plan to call these programs before the Committee on a regular basis. Bernie Sanders chairs the Senate Health, Education, Labor & Pensions (HELP) Committee. Both leaders are on either end of the spectrum. One thing to remember is that major legislation has come through during the years when we have had a divided government. Also, important to remember is that Head Start/Early Head Start is a bi-partisan program, meaning both R's and D's support us! I would be surprised to see any significant increase in funding. But let's hope I am wrong!

Workforce challenges vs. underenrollment! We know a majority of Illinois programs are underenrolled because they cannot find qualified staff to open classrooms. The Office of Head Start (OHS) continues to hold programs responsible for enrollment. In January any program below 50% received official underenrolled letters and were placed on an "underenrollment plan." If the agency does not reach at least 97 percent enrollment at the end of the 12-month period, the OHS has the authority to designate the program as chronically underenrolled. OHS may recapture, withhold, or reduce your base grant for redistribution to other programs. Any reduction in funding would adjust your funded enrollment to be consistent with the historical, actual enrollment level. Yikes! Workforce issues probably will continue throughout the year. Do you feel like you are stuck between a rock and a hard place? We are working to help Congress understand the impact of the workforce on underenrollment. Also, reviewing the standards to see if there is any wiggle room here to influence policy. We believe that the Office of Head Start will be called before the House Education and Labor Committee to report on enrollment. Thus, we get the "big push" on enrollment from the Office of Head Start.

On the state front we need to be ready for large increases in Preschool For All, Prevention Initiative and child care. Could we be the next state with universal Pre-K? Are you ready? Have you talked about this within your program? Let's make sure we are ready to apply for this potential funding and also protect the current investment in Head Start/Early Head Start. Here's what Governor Pritzker said in his Inauguration speech earlier this month.

***"That's why I propose we go all in for our children and make preschool available to every family throughout the state. And let's not stop there. Let's provide more economic security for families by eliminating childcare deserts and expanding childcare options."***

Today, life in Head Start is very much like a roller coaster ride. You get strapped in and pulled along by unseen forces. There are many twists and turns, ups and downs, periods of time when things seem to drag or are relatively calm, and times when things seem completely out of control. Similar to a roller coaster, life these days are an experience in which circumstances change rapidly and in a volatile manner from one extreme to another. Why Roller Coasters Are Great Metaphors for Life? Right? We go up, we go down. But we don't have to crash. We can learn to enjoy the ride. Let's figure out together how we can find some enjoyment in this crazy ride!

As always, thank you for the work you do! Know that we appreciate YOU!

**Take care,  
Lauri**

For the PDF of this article, click [here](#).

Here's an invitation for  
Home Visitors and their  
supervisors to be part of  
a focus group.

**Dear Home Visiting Partners –**

Start Early is recruiting supervisors and home visitors for a focus group opportunity to share more about why families may decline the offer of services, or leave services early once enrolled in home visiting. Please share the attached flyer and information below with your networks! This work will inform our state policy and advocacy efforts, and is part of the Illinois Home Visiting Caregiver and Provider Feedback Project.

These focus groups build on a series of surveys completed by the field in 2022 and inform legislative priorities around on:

- 1) the types of supports caregivers of young children want and need from programs, and
- 2) the supports home visiting staff need to better serve children and families and do their job well.

We invite you to join a one-time, 90-minute virtual focus group to discuss your perspective on why families may decline services or leave home visiting early, including your ideas on how to strengthen the Illinois home visiting system.

Home visitor focus group: Wednesday, Feb 8, 2023 from 11:00 AM – 12:30 PM

Supervisor focus group: Tuesday, Feb 7, 2023 from 9:30 – 11:00 AM

To sign-up to participate in a focus group or to receive more information, please contact: Kayla Goldfarb, [kgoldfarb@startearly.org](mailto:kgoldfarb@startearly.org). **If you would like to participate but cannot attend the scheduled session, please reach out!** We can schedule additional listening sessions if needed.

Participants will be entered into a raffle to win a \$50 gift card. Thank you!

## DONNA EMMONS

ASSOCIATE HEAD START STATE  
COLLABORATION DIRECTOR

January 2023



# Free Virtual Town Halls for Early Intervention Families:

[Four dates available -- spread the word with this flyer!](#)

[Also available in Spanish!](#)

[Final rule masking and vaccinations](#) -  
(click to see NHSA statement)



[NHSA and Amazon Partnership](#) - Amazon Business for Nonprofit shares a deep dive into our new 2023 partnership - (then see related content)

[Leading-Head-Start-through-Burnout](#) - (see practical guide for staff, over-achievers and leaders)



Join the [Head Start Alumni Network](#) - (click to read about those who joined in past years; then join this year yourself!)



- **Practical Strategies for Improving Staff Wellness**  
- [see more resources for improving staff wellness](#)
- **Instructions for the Wellness Wheel Activities** - [learn more with this visual aid and by completing easy steps](#)

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National Center on Early Childhood  
Development, Teaching, and Learning

[Explore these resources.](#) NCECDTL advances best practices in the identification, development, and promotion of the implementation of evidence-based child development and teaching and learning practices that are culturally and linguistically responsive and lead to positive child outcomes across early childhood programs.

*To learn more of the Center's work, contact NCECDTL at [ecdtl@ecetta.info](mailto:ecdtl@ecetta.info) or 844-261-3752*

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The Illinois Early Learning Project (IEL) has new Tip Sheets on **Equity, Diversity and Inclusion!**  
<https://illinoisearlylearning.org/series/diversity-equity-inclusion/>



[Getting Started with the Head Start Early Learning Outcomes Framework Ages Birth to Five](#)

*(Click above link to also learn even more about the HSELOF domains.)*



Beyond the classroom scientific research,  
teacher burnout, teacher stress relief ..

## 9 Stress Management Strategies Every Teacher Needs to Know - Hey Teach!

by Chris Mumford, Content Manager, M.A. Science Education



Here are some daily strategies to reduce stress. You will be surprised by how effective even the smallest change can be!

*Did you know?*

Scaffolding? Exploring This Child Development Concept

articles  
for you ..

5 Easy Steps to Helping Early Childhood Educators De-stress  
- By Lory Hough

Post Holiday Blues Depression and returning from winter break  
- By Dr. Kristen Yule, pediatric psychologist



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Angelia Lee  
Carla Ford  
Curt Holderfield  
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Gene Howell (Board President)  
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Kevin Bushur

Kyle Hubert (Vice President)  
LaChar Crayton  
Lea Maue (Board Treasurer)  
Mario Perez  
Michelle Wood (Board Secretary)  
Mykela Collins  
Rachael De Spain  
Seth Rich  
Veneta Wadlow

# OUR BOARD OF DIRECTORS

## SPOTLIGHTS:

I am Mykela Collins, I am former parent of two Head Start children, one 15 & the other 5. I started volunteering within the Head Start program when my daughter was just 3 years old. I am now an IHSA Board Member as well as on multiple committees & subcommittees throughout the state and city of Chicago. I also have gotten my CDA to



become a part time Head Start / Pre-K Assistant Teacher. Volunteering for early childhood education is my main job and focus right now. Being a Parent Ambassador has been one of my biggest highlights throughout my volunteering career. I continue to support the early childhood education and development programs throughout the city and state.

Rachael D. DeSpain, Director of Tri-Counties Opportunity Council Early Head Start/Head Start Program. Mrs. DeSpain was born and raised in Mount Carroll, Illinois. After high school, Mrs. DeSpain attended Northern Illinois University, Monmouth College and Ashford University. Early in college, Mrs. DeSpain welcomed Keegan, her baby boy, to the world. As a single mother and college student, Mrs. DeSpain became an employee of Tri-County Opportunities Council assistant teaching. With the help of parents she still adores, Mrs. DeSpain was able to work two full time jobs, complete her undergraduate degree in Organizational Management and later a master's degree in Organizational Management with a specialization in Leadership. Following two years as a teacher assistant, Mrs. DeSpain became the lead teacher of her classroom, serving 18 children. It was at this juncture, Mrs. DeSpain truly began to comprehend the painful realities of poverty and trauma within her community. In 2010, Tri-County Opportunities Council sought and was granted funding to expand, providing Early Head Start services, creating the Supervisor position Mrs. DeSpain accepted.



This role required development of additional policies and procedures for a population new to the program and was a responsibility neatly aligned with her educational background. Stemming from her deep understanding of the importance families play in successful development of children, Mrs. DeSpain was offered and accepted the role of Family and Community Service Manager in October 2012. As the lead for the family service component of the program, she focused on building strength-based relationships, identifying barriers and connecting families to community resources. Overseeing and strengthening the eligibility, recruitment, selection, enrollment and attendance (ERSEA) procedures was a primary responsibility. For approaching four years, over half of which was overshadowed by a global pandemic turned tri-demic, Mrs. DeSpain has remained focused on disrupting poverty through educating children, empowering families, and strengthening communities. In this role Mrs. DeSpain oversees services in 9 northwestern Illinois Counties, serving 633 children and families while leading over 175 staff members. Ms. DeSpain resides in Fulton, Illinois. She and her husband share three children and their beloved giant schnauzer, Walter.

## MISSION STATEMENT

IHSA mobilizes and strengthens its membership by creating a passion for leadership and advocacy in the interest of our most vulnerable children and families.



### IHSA Purposes ..

- To engage in and to receive, maintain and expend funds for benevolent and charitable purposes.
- To conduct activities designed to upgrade the quality and quantity of Head Start services for children, families and communities and to safeguard, upgrade and promote the social welfare of the children and families in the State of Illinois.
- To develop policies, positions, and statements which reflect a consensus of opinion of Head Start parents, directors, staff and friends.
- To provide a referral of service to maximize the use of community resources and governmental agencies.



## FEATURED JOBS FOR CHICAGO

### **IHSA CITY OF CHICAGO MEMBERS & DELEGATES:**

CHICAGO COMMONS  
CHILDREN'S HOME AND AID  
EASTERSEALS  
EDUCARE CHICAGO--START EARLY  
EL VALOR / CHICAGO  
ERIE NEIGHBORHOOD HOUSE  
HENRY BOOTH HOUSE  
HOWARD AREA COMMUNITY CENTER  
ILLINOIS ACTION FOR CHILDREN  
METROPOLITAN FAMILY SERVICES  
START EARLY  
**STATE OF ILLINOIS - CHICAGO**  
YWCA METROPOLITAN CHICAGO

**CLICK TO**  
[View all](#)  
[jobs](#)

## DOWNSTATE ILLINOIS HEAD START JOBS

### **IHSA MEMBERS & DELEGATES**

ANNA WATERS HEAD START (EOC)  
CATHOLIC CHARITIES DIOCESE OF JOLIET  
CHAMPAIGN COUNTY REGIONAL PLANNING  
COMMISSION  
CITY OF ROCKFORD  
EDUCARE OF WEST DUPAGE  
ERBA, INC.  
HEARTLAND HEAD START  
IL VALLEY EDC GILLESPIE  
RIVERBEND HEAD START AND FAMILY SERVICES  
ROCK ISLAND-MILAN SCHOOL DISTRICT  
SIU-EDWARDSVILLE

**Click to**  
[View ALL](#)  
[Jobs \(& ALL](#)  
[Members\)](#)

**Other Head Start and EHS Opportunities in Illinois**  
Early Childhood Learning & Knowledge Center (ECLKC) job-center  
**Region V Head Start Association:**  
(No new submissions this month by IN, MI, MN, or OH)

**Click to**  
[View ALL](#)  
[Jobs](#)

*THE IHSA WEBSITE PROVIDES FOR MEMBER & DELEGATE EMPLOYERS TO POST JOB OPPORTUNITIES BUT IS NOT INVOLVED IN THE COMMUNICATION NOR THE INTERVIEW PROCESS BETWEEN EMPLOYERS AND CANDIDATES.*

# Illinois Head Start Association CONFERENCE 2023

March 29-31, 2023

**There's no place like Head Start!**

**EARLY BIRD  
REGISTRATION RATES  
have been extended !!!**

**Send your team to this year's  
IHSA Annual Conference Week**

**Want to present?** Click [here](#) for details  
and then submit *your* proposal.  
**Pressed for time?** Call 217.381.5007 to  
discuss with Cathy Welsh.

## CALL FOR PRESENTERS

**Don't wait any longer!  
Submit your proposal!**

Share your expertise, experiences, creativity, innovative and best practices, passion and commitment with the Head Start/Early Head Start community in Illinois.



[www.ilheadstart.org](http://www.ilheadstart.org)

Questions? Contact Cathy Welsh | [cwelsh@ilheadstart.org](mailto:cwelsh@ilheadstart.org)

Here's what you've been waiting for:  
**Breakout Sessions -At-A-Glance ..**

16 pages!

Get more details & Sign up form here



## Call for EXHIBITORS & SPONSORS for 2023 IHSA Annual Conference!

Embassy Suites by Hilton East Peoria Riverfront Hotel & Conference Center / March 29-31, 2023



[www.ilheadstart.org](http://www.ilheadstart.org)

Questions? Contact Mitch 217-241-3511 | [info@ilheadstart.org](mailto:info@ilheadstart.org)

2023 IHSA

MARCH 29 — MARCH 31

## ANNUAL CONFERENCE

**THERE'S NO PLACE LIKE HEAD START!**

Full	Half	Thur	Fri	Full	Half	Thur	Fri	Full	Half	Thur	Fri
<b>Early Bird Rates</b>											
Most rates are on or before February 28th				Most rates between February 29th and March 23rd				All registrations received ON & AFTER March 23rd			
Normal	\$100.00	\$100.00	\$100.00	Normal	\$100.00	\$100.00	\$100.00	Normal	\$100.00	\$100.00	\$100.00
Single	\$100.00	\$100.00	\$100.00	Single	\$100.00	\$100.00	\$100.00	Single	\$100.00	\$100.00	\$100.00
Non-Member	\$100.00	\$100.00	\$100.00	Non-Member	\$100.00	\$100.00	\$100.00	Non-Member	\$100.00	\$100.00	\$100.00

REGISTERED  
ONLINE

## Agenda

(all times are listed in central time)

Monday, March 27 - Pre-conference Event	Tuesday, March 28 - Pre-conference Event	Wednesday, March 29	Thursday, March 30
• Preconference Check In 12:30 pm-1:00 pm • Preconference Session 1:30 pm-5:00 pm	• Preconference Session 8:00 am-5:00 pm • All Day ***All & PM Refreshment Break, Lunch Included with registration	• Preconference Session 8:00 am-12:00 pm • Conference Service Desk Open; Conference Check In 10:00 am-12:00 pm • Opening Remarks & Keynote Tony Thompson, Speaker • Concurrent Sessions 1:00 pm-2:15 pm • Welcome Reception 2:30 pm-4:30 pm 5:00 pm-6:00 pm	• Conference Service Desk Open/Check In 8:00 am-5:00 pm • Exhibit Hall Open 8:30 pm-11:45 pm • Concurrent Sessions 12:00 pm-1:30 pm • Annual Awards Luncheon 1:30 pm-2:00 pm • Concurrent Sessions 3:00 pm-5:00 pm • Component Meetings & Election 3:30 pm-5:00 pm

Friday, March 31

• Conference Service Desk Open/Check In 8:00 am-10:00 am

8:00 am-5:00 pm

• Exhibit Hall Open 8:30 pm-11:45 pm

8:30 pm-11:45 pm

• Concurrent Sessions 12:00 pm-1:30 pm

12:00 pm-1:30 pm

• Annual Awards Luncheon 1:30 pm-2:00 pm

1:30 pm-2:00 pm

• Concurrent Sessions 3:00 pm-5:00 pm

3:00 pm-5:00 pm

• Component Meetings & Election 3:30 pm-5:00 pm

3:30 pm-5:00 pm

• Conference Service Desk Open/Check In 8:00 am-8:20 pm

8:00 am-8:20 pm

• Special Event - *Yoga* 8:30 pm-10:30 am

8:30 pm-10:30 am

• Concurrent Session 10:45 am-12:00 pm

10:45 am-12:00 pm

• Closing Session Ron Shull, Speaker

10:45 am-12:00 pm

• Conference Service Desk Open/Check In 8:00 am-10:00 am

8:00 am-10:00 am

• Exhibit Hall Open 8:30 pm-11:45 pm

8:30 pm-11:45 pm

• Concurrent Sessions 12:00 pm-1:30 pm

12:00 pm-1:30 pm

• Annual Awards Luncheon 1:30 pm-2:00 pm

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• Component Meetings & Election 3:30 pm-5:00 pm

3:30 pm-5:00 pm

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