



Hawkeye Area
Community Action
Program, Inc.



**Mind of a Child is
sponsored by:**

HACAP Paces to Quality

HACAP Head Start

*HACAP 1st Five- Healthy Mental
Development Initiative*

Four Oaks

Grant Wood AEA –

CART program

Mind of a Child: Children's Virtual Mental Health Summit



Saturday, February 13th, 2021
8:00 a.m. - 12:30 p.m.

Imagine spending a day in the mind of a child. Now imagine if that child or her caregivers are faced with chronic challenges, disaster and/or toxic stress. How does it look different?

The 7th Annual Mind of a Child Summit is an opportunity to learn more about early childhood mental health, brain development and how becoming trauma informed can help with those challenges and to build resilience in young children and the adults that care for them. Join us for 4 hours of DHS-approved* training for childcare providers and foster parents! Workshops are geared for childcare providers, teachers, caregivers, foster parents and professionals who work with young children and their families.

(*This conference may also qualify for Social Work CEUs. It is the responsibility of the Social Worker to determine if this continuing education conference meets the requirements of their professional licensure board.)

Get your registration in early!

■ **Mind of a Child Fee: \$15.00 per person**

■ **Pre-registration is required and closes February 10, 2021.**

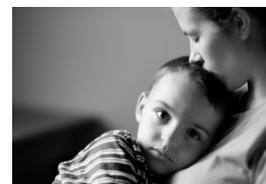
■ **How to register and pay:**

■ Online with credit card at www.hacap.org/pacesevents

OR

■ Mail registration form (on page 3) with check to: HACAP Paces to Quality
PO Box 490
Hiawatha, IA 52233

■ **Questions? Need more info?** Email Cathy at cmeyer@hacap.org or call Paces to Quality at 1-800-233-0054



Mind of a Child: Children's Mental Health Summit

Saturday, February 13, 2021

8:00-8:10 am **Welcome**

8:10-9:10 am **Keynote Session – Full Group**

Translating the Data Into Effective Trauma Informed Practice

Keynote: Frank Grijalva, MPH, MCC The explosion of science in the last 20 years has transformed our understanding of human adaptation. We know too much to keep doing things the way we have, and we know how to do it differently and do it well. The question is will we stop punishing the child for adapting to the environment they were given? A child cannot know what they don't know, how we interact with them either connects them to other humans or creates suspicion and adversarial relationships. This presentation will look at how developmental challenges are shaped by society and what we need to do differently. (CDA 3)

9:10-9:20 am **Break**

9:20-10:50 am **Session 2- Choose from these options to complete your registration**

1. **Two Eyes for Seeing, Two Arms for Holding: Promotion of Relational Health in Primary Care** *Presenter: Amy Shriver, MD.* In order to address the public health threat of toxic stress, caregivers, medical providers, and communities should adopt a public health approach toward relational health and prioritize the development and maintenance of safe, stable, nurturing relationships. This talk will reaffirm the importance of the eco-bio-developmental framework for understanding wellness and will address ways in which providers and communities can 1) support nurturing relationships, 2) reduce external sources of stress on families, and 3) strengthen the core life skills caregivers need to provide positive childhood experiences. (CDA 3)
2. **Understanding the Science and Practice of Resilience Building** *Presenter: Matthew Vasquez, PHD, LMSW.* In the past decade, there has been a growing interest among researchers in examining how resiliency can effectively combat the effects of adversity, maltreatment, abuse, and traumatic experiences. Resilience factors can include a person's genetics, inherent strengths and inclinations, parental /social supports, access to resources, and social and community ties, rituals, and customs. Although we know these factors to be beneficial, knowing how to identify and foster them in others can be unclear and at times difficult. This presentation provides an overview of the current research on resilience, and will provide participants practical ways to foster resilience in children and families. (CDA 3)

10:50-11:00 am **Break**

11:00-12:30 pm **Session 3- Choose from these options to complete your registration**

3. **What About Me? My Wellbeing** *Presenters: RaeAnn Gordon, MSW-Trauma Informed Specialization & Morgan Bryant, CTRS* Participants will engage in hands-on learning to enhance wellbeing and quality of life in ways that are personally meaningful. This session will focus on an introductory to this program which is meant to highlight each area of wellbeing (social/emotional, financial, and physical wellbeing) and to help participants get started on what we call the wellbeing journey. We hope you will identify one or two areas that you want to learn more about. (CDA 3)
4. **What Trauma Looks Like: Is There Hope?** *Presenter: Christa Hefel, MPH* Trauma affects children in many different ways. Learn from real stories of children who have experienced trauma. Children may present symptoms that look like many other diagnosis; through healing and time they were just symptoms of the effects of their trauma. We discuss recovery, healing and all the infinite possibilities for children despite their past. Take home activities for families will be offered. (CDA 3)

Mind of a Child Registration Form



**Saturday, February 13, 2020
8:00 a.m. - 12:30 p.m.**



To register for Mind of a Child, you can go online at <https://www.hacap.org/pacestoquality>

OR

Mail this completed form & payment to: HACAP, Attn: Paces to Quality, PO Box 490, Hiawatha, IA 52233

FEE: \$15.00 per person

Name _____ **Work Phone** _____

Work Address _____

City _____ **Zip** _____

E-mail Address _____

*registration confirmation & conference log-in information will be sent to this email

(Mark what applies to you) I am...: Foster Parent Parent Other _____

Child care provider at _____

Social Worker or Community Agency Professional at _____

Medical Provider at _____

Breakout Sessions– Please select your choice

***Session 2—Breakouts:**

- 1) Two Eyes for Seeing... 2) Science and Practice of Resilience Building

***Session 3—Breakouts:**

- 3) What About Me? My Wellbeing 4) What Trauma Looks Like: Is There Hope?

