

26th Annual Prevent Child Abuse Illinois ***VIRTUAL*** Conference

November 16-20, 2020



PARTNERS IN PREVENTION

30 YEARS OF
NURTURING FAMILIES

Register today!

Register for the conference by visiting the NIU webpage,

CLICK HERE

Learn More!

Learn more about the conference by visiting our website Conference page,
www.preventchildabuseillinois.org/pca-conference



Please share this conference information with your co-workers and others!

2020 Conference Schedule At A Glance

Monday, November 16th

- 9:00 a.m. – 10:30 a.m. Plenary Speaker: Eric M. Bailey
The Cure For Stupidity: Using Brain Science To Explain Irrational Behavior
- 10:30 a.m. – 11:00 a.m. Break
- 11:00 a.m. – 12:00 p.m. Workshop Series A (4 Sessions)
- 12:00 p.m. – 1:00 p.m. Break
- 1:00 p.m. – 2:00 p.m. Workshop Series B (4 Sessions)
- ALL DAY Exhibit Hall | Virtual Scavenger Hunt
Recorded Sessions

Tuesday, November 17th

- 9:00 a.m. – 10:30 a.m. Plenary Speaker: Dr. Robert Sege
Changing The Mindset - The Role of HOPE in Supporting Children and Families
- 10:30 a.m. – 11:00 a.m. Break
- 11:00 a.m. – 12:00 p.m. Workshop Series C (4 Sessions)
- 12:00 p.m. – 1:00 p.m. Break
- 1:00 p.m. – 2:00 p.m. Workshop Series D (4 Sessions)
- ALL DAY Exhibit Hall | Virtual Scavenger Hunt
Recorded Sessions

Wednesday, November 18th

- 9:00 a.m. – 10:30 a.m. Plenary Speaker: Slash Coleman
The Surprising and Dangerous Science of Laughter
- 10:30 a.m. – 11:00 a.m. Break
- 11:00 a.m. – 12:00 p.m. Workshop Series E (4 Sessions)
- 12:00 p.m. – 1:00 p.m. Break
- 1:00 p.m. – 2:00 p.m. Workshop Series F (3 Sessions)
- ALL DAY Exhibit Hall | Virtual Scavenger Hunt
Recorded Sessions

Thursday, November 19th

- ALL DAY Exhibit Hall | Virtual Scavenger Hunt
Recorded Sessions

Friday, November 20th

- 10:00 a.m. – 12:00 p.m. Special Event Documentary Screening
and Panel Discussion
Resilience: The Biology of Stress and the Science of Hope
- ALL DAY Exhibit Hall | Virtual Scavenger Hunt
Recorded Sessions

Featured Plenary Sessions

Eric M. Bailey
Motivational Speaker
*The Cure For Stupidity:
Using Brain Science To
Explain Irrational Behavior*
Monday, Nov. 16, 9:00 a.m.



Every day you're driven nuts by the people around you making common sense errors and irrational decisions. Imagine what life would look like if you didn't have to waste time and energy dealing with them! Eric M. Bailey translates decades of brain science research into every-day language, helping you break through common communication barriers that will improve every relationship in your life.



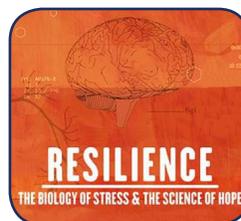
Dr. Robert Sege, MD, PhD
Tufts University School of Medicine
*Changing The Mindset – The Role
of HOPE in Supporting Children
and Families*
Tuesday, Nov. 17, 9:00 a.m.

Children's brains grow in response to their own experiences. The understanding of the effects of adverse experiences has been woven into policy and practice through knowledge of the effects of adverse childhood experiences and the development of trauma-informed care. New science now also shows that positive experiences have profound effects on brain development and health. This session will review the science of HOPE and the policy implications of this new mindset.

Slash Coleman, MAEd
US Laughter Ambassador,
Founder Laugh for Life
*The Surprising and Dangerous
Science of Laughter*
Wednesday, Nov. 18, 9:00 a.m.



Is it possible to recapture the magic we knew as kids, the same magic that allowed us to transform any given moment through silliness, joy and by making things possible that once seemed impossible? If you're ready to find a way to tackle the most unprecedented and unique challenges of today then join acclaimed author and certified laughter yoga leader Slash Coleman as he helps you reimagine how to navigate your physical and emotional stress with greater ease. You might just be surprised how transformative (and dangerous) laughter actually is.



**Special Event! Screening
& Discussion**
*Resilience: The Biology of Stress and
the Science of Hope*
Facilitated by Jennifer Samartano
Friday, Nov. 20, 10:00 a.m.

Resilience is a one-hour documentary film that delves into the science of Adverse Childhood Experiences (ACEs). The documentary reveals how toxic stress can trigger hormones that wreak havoc on the brain and bodies of children putting them at greater risk for disease, homelessness, prison time and early death. *Resilience* chronicles a movement that is fighting back to protect children from the insidious effects of toxic stress. The screening will be followed by a panel discussion by local experts highlighting the efforts to combat ACEs across Illinois.

Workshop Schedule

Monday, November 16, 2020

Key: * Home Visiting Track

Session A: 11:00 a.m. - 12:00 p.m.

A-1 “Enforcing Cannabis Law In Illinois”

Trooper Haylie Polistina *Safety Education Officer, Illinois State Police*

This course will discuss the impact cannabis legislation has on law enforcement and traffic safety. This workshop will summarize scientific research related to driving under the influence of cannabis.

A-2 “Trauma Treatment in a Time of Widespread Crisis”

Rob Lusk *Ph.D, Clinical Director, The Baby Fold*

Providing treatment for trauma survivors is always challenging, but what happens when virtually everyone is affected by a crisis like the COVID-19 pandemic? This workshop presents an overview of critical concepts to keep in mind when doing trauma treatment during a widespread crisis, the types of symptoms and diagnoses we are most likely to encounter, and how the Trauma-Focused Cognitive Behavioral Treatment model can still be applied with some modifications.

A-3 “Collateral Damage: Children in Homes with Domestic Violence”

Dr. Alicen McGowan

There is another pandemic on the horizon for which there is no medicinal cure. Children are witnesses, interpreters, survivors and victims of domestic violence in their own homes. Quarantine due to Covid-19 has exacerbated the crisis and only we working in concert with other professionals can stop the violence. Using case studies this workshop will elucidate the facts and encourage the audience to problem-solve this major issue.

A-4 “GAMBLING: A Devastating Dance of Destruction”

Vickie Lewis *BA, CRADC, CODP-I, PCGC*

Although gambling does not produce the cognitive or physical impairment (or does it) associated with alcohol or drug abuse, gambling can be just as devastating. Participants will learn, understand, define and discuss Gambling Disorder as an addiction regarding history to present, prevalence, sign and symptoms and much more.

Session B: 1:00 p.m. - 2:00 p.m.

B-1 “The Truth About Judgment: What We Can Learn About Brain Science from People-Watching At the Mall”

Eric M. Bailey *Motivational Speaker*

What is America’s pastime? Baseball? Nope, well, it used to be. Football? Nope. Hockey? Nope. America’s favorite thing to do is PEOPLE WATCH! While we don’t do much people watching in malls anymore, we love to people-watch. The question is why? In this session we’ll dive into judgment, decision-making, bias, and the foundation of human perception.

B-2 “Doing Our BEST Work: Implementing the DCFS Core Practice Model”

Michelle Moreno *South. Reg., 5A Immersion Site Dir.*
Norma Machay *Lake County Immersion Site Dir.*

Let’s do this! We will explore the Core Practice Model, why it will help all of us do our BEST work, and how to implement the DCFS Core Practice model into your daily routine. You will leave with practical tips and tools to use the Model of Supervisory Practice, Family-Centered, Trauma-Informed, Strengths-based practice and Child and Family Team facilitation to support family progress toward permanency.

B-3 “Family First: Illinois’ Family-Centered, Trauma-Informed, Strengths-Based Model of Change for Child and Family Well-Being”

Kevin L. Gordon *MEd, Illinois DCFS*
Ashley Deckert *MSW, MA, Illinois DCFS*
Kimberly A. Mann *PhD, LCSW, Illinois DCFS*
Kenny Martín-Ocasio *Aunt Martha’s Health/Wellness*
Andrea Durbin *Illinois Collaboration on Youth*

In this workshop, participants will learn how new funding from the Family Prevention Services Act provides an opportunity to transform the delivery of child welfare services and support everyone’s goal of ensuring the safety, permanency and well-being of children and their families by purposefully integrating the work of the local community and the private and public sectors.

B-4 “Substance Use Disorders in Adolescents”

Melissa Parker *Adolescent Services Coord., Hour House*

Adolescent years can be fun, exciting, and full of adventure. Sometimes these years begin to crumble when substance use takes over. Join us to learn about the adolescent brain, behaviors, and symptoms of SUD in adolescents.



Tuesday, November 17, 2020

Key: * Home Visiting Track

Session C: 11:00 a.m. - 12:00 p.m.

C-1 “The Philosophy and Practices of Nurturing Parenting”

Jon Eck *Parent Educator, The Parent Place*

This workshop will focus on the seven principles of nurturing parenting and how parents can implement them to maintain a nurturing lifestyle. This workshop will also define the four distinct personality traits humans experience and how they connect to sustaining a nurturing parenting presence.

C-2 “Asking for Help is a Sign of Strength: Crisis Nurseries Role in Preventing Child Abuse and Neglect”

Jen McMillin *Exec. Dir., Mini O’Beirne Crisis Nursery*
Amy Kendal *Program Dir. of Crisis Nursery/Admin. of Early Childhood Services, Maryville Academy*

Crisis nurseries are on the front lines of preventing child abuse and helping families reach their full potential. Join leaders from the Crisis Nursery Coalition as they discuss their role and how they navigate the current environment. The effects of providing respite to families is necessary as we consider today’s current societal variables such as parenting stress, medical problems, job loss, homelessness and other issues.

***C-3 “Mental Health Among Pregnant Muslim Women and Implications for Children and Families”**

Nadia Quad *Student, DePaul University*
Karen Tabb *Asso. Professor, University of Illinois*

This presentation will review research findings on mental health among pregnant Muslim women globally and in the U.S. The discussion will lead to the implications for children and families living in situations with untreated maternal depression.

***C-4 “Integrating Mental Health & Home Visiting”**

Katherine Layden *MS, LPC, NCC, Mental Health Specialist for YWCA Metropolitan Chicago-Strong Families Program & Mental Health Team*

What is the role of executive functioning within development? What are some practical strategies to better engage with families during a home visit? and What is it like to be a home visitor? We will explore the answers to these important questions through an interactive learning experience that will help to inform the use of a human-centered approach.

Session D: 1:00 p.m. - 2:00 p.m.

D-1 “Getting a Better Handle on the Six Protective Factors”

Dorothy Davis *Central IL Regional Coordinator Parents Care & Share Program*

Ernestine Brown *Chicago Metropolitan Regional Coordinator Parents Care & Share Program*

Stefanie Lynch *Northern Illinois Regional Coordinator Parents Care & Share Program*

The Center for the Study of Social Policy identified six qualities, known as the Protective Factors, that prevent child abuse and neglect. Thirty-six states across the country implement them in one way or another. What makes these factors so essential to our work? In this workshop, you will learn the history of how these factors were identified, why we should integrate them into our programs, and some practical ways to help parents.

D-2 “Preventing Child Abuse and Neglect in the Time of COVID”

Kristin Kaufman *MS, Home Visiting Specialist, Prevent Child Abuse Illinois*

Due to the unprecedented times we are facing, it is now more important than ever that we know how to recognize and respond to child abuse and neglect. COVID-19 has altered all of our lives and has created new challenges in prevention efforts. Join this session to learn about DCFS hotline trends, the implication for those trends, and how to recognize child abuse and neglect in a virtual world.

***D-3 “Integrating Mental Health & Home Visiting” [SPANISH]**

Katherine Layden *MS, LPC, NCC, Mental Health Specialist for YWCA Metropolitan Chicago-Strong Families Program & Mental Health Team*

(This session will be presented in Spanish) What is the role of executive functioning within development? What are some practical strategies to better engage with families during a home visit? and What is it like to be a home visitor? We will explore the answers to these important questions through an interactive learning experience that will help to inform the use of a human-centered approach.

***D-4 “The Illinois Risk and Reach Report”**

Cristina Pacione-Zayas *Associate Vice President of Policy, Erikson Institute*

The Illinois Risk and Reach Report provides county-by-county data on the well-being of young children in the areas of Family Stability, Health, and Early Care and Education. A catalyst for transformative change that advances greater equity for Illinois children and prompts a more effective distribution of state resources, this report can inform policy and program funding decisions made by governmental and nongovernmental stakeholders who can more precisely address needs.



Wednesday, November 18, 2020

Key: * Home Visiting Track

Session E: 11:00 a.m. - 12:00 p.m.

E-1 “Working with LGBTQI+ Youths: Supporting Healthy Identity and a Path to Permanency”

Juliana Harms *LCSW ACSW C-ACYFSW*

This workshop educates participants regarding best practices for working LGBTQI+ youth in care. DCFS policy and state laws are reviewed, and guidelines for creating a safe, affirming environment for youth are presented.

E-2 “Substance Use in Pregnancy: Making an Impact through Early Assessment, Identification and Treatment”

Donna Stephens *DNP, RNC-OB*

This presentation follows the presenter’s doctoral project “Early Assessment and Resource Provision for the Pregnant Substance User”. The project explored the implementation of a validated screening tool for early identification of substance use in pregnant women. Women who screened positive were provided with education on the risks associated with substance use. Staff were educated and measures taken to reduce the stigma associated with substance abuse in pregnancy.

***E-3 “Integrating Home Visiting and Child Welfare: A Panel Discussion”**

Jaime Russell *Children’s Home & Aid Program Director*

Tia Staggers *Erikson/DCFS Early Childhood Project*

Heather Moyer *Healthy Families Program Manager*

Ashley Anderson *Perinatal Education Coordinator*

Join our panelists who are experts in their roles in helping programs learn about the benefits of home visiting for families who are involved in the child welfare system. You will hear a short overview of the pilot program, hear about how to make referrals or begin receiving referrals, and hear from a site who has received their Child Welfare Adaptation. There will be time after the presentation for Q & A with the panelists.

***E-4 “Integrating Mental Health & Home Visiting”**

Madison Hammett *MPH, MSW, Policy Analyst, Illinois ACEs Response Collaborative, Health & Medicine Policy Research Group.*

This workshop will discuss how collective historical trauma, such as slavery, the Holocaust, or Native American genocide, can still have an impact on the health and social outcomes of individuals in the present. It will also discuss how historical events and structures still influence systems and communities today, and how these connections can be seen in individual and family trauma, as well as how we can incorporate this knowledge into our own work with children, families and communities.

Session F: 1:00 p.m. - 2:00 p.m.

**F-1 “The Voices of Youth and Young Adults”
The Youth Advisory Board**

The Youth Advisory Board (YAB) will give an overview of YAB and its function highlighting what being part of the board has meant to them on a personal level. Board leaders will further discuss systemic issues amongst youth in care, identifying some of the greatest challenges for youth in care and possible solutions to those barriers. Youth will also address what they would want service providers to know when working with children, youth, and families in care. Time will be allowed for questions at the end of the presentation.

F-2 “Moving from Procedure to Practice: A Statewide Child Protection Training Model”

Betsy Goulet *DPA*

Amy Wheeler *LCSW*

Through a partnership with the IL Department of Children and Family Services the University of Illinois Springfield developed a model for simulation training for the Illinois Child Protection workforce. In nearly 4 years this evidence-based model has trained over 800 investigators and has expanded to other child welfare professionals.

***F-3 “Strengthening Bonding and Attachment through Yoga and Mindfulness Activities”**

Nicole Holliday *Family Support Specialist, Birth Doula, Perinatal Mood Disorder Counselor, Trained Certified Yoga Teacher/Yoga Therapist*

In this session you will be given a handful of mindfulness/ yoga activities to do on home visits with parents and children from pregnancy to age 3. Learn how breathing, meditation and yoga poses used as parent/ child interactions strengthen and support bonding and attachment. Demonstration and hands on learning will be key in this session. Handouts will be provided. Let’s move!

Thursday Nov. 19, 2020

- Recorded plenary and workshop sessions available on demand
- Exhibit Hall
- Virtual Scavenger Hunt

Friday Nov. 20, 2020

• **Special Event: 10:00 a.m. – 12:00 p.m.**
Resilience: The Biology of Stress and the Science of Hope

- Recorded plenary and workshop sessions available on demand
- Exhibit Hall
- Virtual Scavenger Hunt

How will the conference work?

PCA Illinois is proud to partner with Northern Illinois University (NIU) to access their virtual learning platform "The Moodle". Yep, "Moodle" is a very strange word! After registering for the conference, attendees will receive a confirmation email with instructions for setting up a Moodle account. Each day of the conference attendees will login to the Moodle to attend live plenary and workshop sessions as well as gain access to recorded sessions and other activities.

This year's virtual conference is a new adventure for us all. It also offers an extended timeline, increased access to workshops, and the opportunity for more CEUs. Advanced technical support will be available for registration and throughout the conference.

Who should attend?

Social workers, home visitors, teachers, healthcare providers, administrators, law enforcement, court personnel, mental health professionals, domestic violence specialists, prevention workers, substance abuse counselors, parents, adoptive and foster parents and anyone who works with or cares about children and families.

Fees

The conference registration fee is \$99. Space is limited, so early registration is advised.



DCFS

A limited number of DCFS prepaid PCA Illinois Conference registrations will be available for staff, foster caregivers and adoptive parents. DCFS staff who have supervisory approval to register for the PCA Illinois Conference should follow the instructions on how to register on the DNet. Please note that the DCFS Training Unit will award only DCFS clock hours for this conference.

CEUs

Continuing Education Units (CEUs) for Social Workers, Licensed Clinical Professional Counselors, and Marriage and Family Therapists will be available for conference participants through Northern Illinois University. Educational Professional Development Hours, Early Intervention, and Gateways Registry-Verified Conference credit may also be available for eligible attendees.

All eligible participants will receive a certificate with CEUs awarded for attendance. The number of CEUs awarded will be based on the number of workshop and plenary sessions attended. Each plenary session is 1.5 Contact Hours. The Resilience Special Event documentary screening is 2.0 Contact Hours. And each regular workshop

session is 1.0 Contact Hour. There is no charge for CEUs.

To be awarded CEUs for the conference you must complete the conference registration form including any licensure, Gateway, EI or other certification number. There will be no exceptions. Some continuing education credits may be limited and require additional information and evaluations from participants. Complete instructions will be available during registration.



THANK YOU TO OUR CONFERENCE SPONSORS!

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