

# 10<sup>th</sup> Annual LAPEN Summit for Parenting Educators and LA MIECHV Annual Education Meeting

April 4-5, 2017

Tracy Center  
1800 S. Acadian Thruway  
Baton Rouge, Louisiana

*Trauma  
Hurts:  
Balancing  
Recovery  
with  
Self  
Care*



# Event Overview



You are invited to attend the 2017 10th Annual LAPEN Summit for Parenting Educators & LA MIECHV Annual Education Meeting for the Louisiana Maternal, Infant, Early Childhood Home Visiting (MIECHV) Program. This year, the speakers will address different areas of trauma and recovery as it applies/relates to young children, families and early childhood professionals. This professional development event is co-sponsored by LAPEN and LA MIECHV, who are part of the Supportive Services Team in the Bureau of Family Health, Office of Public Health, Louisiana Department of Health.

## Trauma Hurts: Balancing Recovery with Self Care

### *At-a-Glance Schedule*

#### Tuesday, April 4, 2017

7:30 am Registration Opens  
8:30 am Welcome  
9:15 am Keynote Speaker—Dr. Russell Jones  
11:30 am Keynote Speaker—Toni Bankston  
12:30 pm Lunch & Networking  
2:00 pm Keynote Speaker—José A. Rivera, J.D.  
3:45 pm Breakout Sessions—5 Sessions Available  
5:00 pm Adjourn

#### Wednesday, April 5, 2017

8:00 am Welcome to Day 2  
8:30 am Keynote—Dr. Sarah Watamura  
11:45 am Lunch & Networking  
1:15 pm Breakout Sessions—5 Sessions Available  
3:00 pm Wrap-up and Closing  
3:30 pm Evaluations and CEU Certificates

The event will be held at the Tracy Center in Baton Rouge. There is plenty of parking on the grounds and for those who will need overnight accommodations, a list of hotels offering discounted rates will be included in this information. We hope you will join us!

### **Registration:**

Registration will be online. Please review the breakout sessions so that you can pre-select the sessions that you wish to attend. When you arrive at the event, a personal agenda with your selections will be in your check-in materials. **[Click to Register!](#)** If you are getting this information in print form, the website to register is: <https://lapenandmeichv.eventbrite.com>

### **Registration Rates:**

Registration completed by February 15, 2017	\$ 75
Registration between February 16-March 20	\$100
LA MIECHV Staff—A registration code will be distributed via email	

***Registration will close at midnight on Monday, March 20th.*** All payments must be made online with PayPal or credit card. We are unable to accept checks for registration or offer refunds. If you are unable to attend, you may transfer your registration to another attendee (by March 20). You must pre-register for the event. ***There will be no onsite registration.***

# Keynote Speakers



## **Part 1: Consequences of Natural and Technological Disasters - Trauma and Stress**

### **Part 2: The Impact of Historical Trauma on People of Color—Dr. Russell Jones**

Russell Jones is a Professor of Psychology at Virginia Tech University and is the Co-editor of Behavior Therapy and Black Populations: Psychosocial Issues and Empirical Findings. He specializes in the area of child and adult traumatic stress. Understanding the full spectrum of the human experience resulting from common stressful life events as well as major traumas (i.e., natural and technological disasters as well as interpersonal violence), has been a primary interest of his research. Examining concepts, including social support seeking, self-efficacy, perceived social support, distress severity, and forgiveness have resulted in several meaningful findings. Borrowing from his extensive work with traumatic events, including the Santa Barbara Wildfires, Hurricane Katrina, and the Virginia Tech Shootings, his talk will focus on the impact of generational and systemic trauma on marginalized people of color. A major aim of this effort will be to highlight the need for “a conversation,” focusing on factors that contribute to the extensive high rates of distress experienced by members of this group as well as adaptive ways to cope.



### **Healing Others, Helping Ourselves—Toni Bankston, LCSW**

Toni Bankston will focus on self-care skills to help decrease stress, increase relaxation, and improve overall well-being with validated techniques scientifically proven to produce lasting health benefits. She works with the CMBM as part of the Global Trauma Relief Team. She has been a child and family psychotherapist for 24 years in Baton Rouge, Louisiana. She has published professional journal articles regarding her work in the frontlines with New Orleans displaced Katrina survivors and school-based mental health. She has integrated mind-body medicine in her work with homeless families in Baton Rouge. Toni currently serves as the Clinical Director for the Baton Rouge Children's Advocacy Center.



### **Addressing Domestic Violence and Early Life Trauma in Maternal Child Healthcare—José A. Rivera, J.D.**

In this presentation, participants will learn about: a) the seven (7) domains of domestic violence (physical, sexual, verbal, psychological/emotional, economic, spiritual & cultural); b) the multiple forms of damage that violence causes during the perinatal and postnatal experience; and c) the best practices for engaging participants around violence and trauma related issues and d) the techniques that can be used for harnessing the resiliency within women who are survivors of domestic violence and early life trauma. Dr. Rivera is President & CEO of Rivera, Sierra, & Company, Inc. Dr. Rivera has most recently served as national project director for the Healthy Start Domestic Violence Technical Assistance Project



### **Parent and Child Neurobiology—Sarah Enos Watamura, Ph.D.**

The dynamics of the parent and child will be presented from a different perspective—the neurobiology and the many facets that can be impacted. Dr. Watamura and her research team in the Child Health & Development lab are studying how young children and their families manage stress and challenge, the consequences stress and challenge pose for their health, and for their developing cognitive and social-emotional systems. Current work in the lab focuses on the unique stresses and buffers in recent immigrant families, and as part of the Buffering Toxic Stress Consortium on validating the construct of toxic stress and offering a promising intervention for mitigating the effects of toxic stress in a sample of young children enrolled in Early Head Start.

# Breakout Sessions



REGISTER

**Tuesday, April 4, 2017**

## **101 Domestic Violence: Dynamics, Screening, and Promising Partnerships**

***Mariah Wineski, Louisiana Coalition Against Domestic Violence***

Louisiana has the second highest rate of women murdered by men in the nation, and homicide is the second leading cause of death for pregnant women in Louisiana. Healthcare providers and social workers are in a unique position to support the safety of survivors and their children. This session will address advanced domestic violence dynamics and prevalence in the context of pregnancy and early childhood. Best practices for domestic violence screening will be addressed, as well as practical tips for implementation of domestic violence screening, safety planning, and partnerships between healthcare, social work, and advocacy systems.

## **102 Addressing Domestic Violence and Early Life Trauma—Part II**

***José A. Rivera, J.D. , Rivera, Sierra, & Company, Inc.***

This workshop will focus on understanding the domains of domestic violence and how violence directly impacts the perinatal and postnatal experience. The workshop will also focus on the best practices for approaching participants and addressing issues related to domestic violence and early life trauma. This session will provide opportunities for participants to delve deeper into the domains of domestic violence, understanding the mind of the abuser, understanding the primary care and mental health damage of violence, and practical tips for engaging participants and harnessing the power of resiliency.

## **103 Generational Poverty and Parental Styles**

***Dick Stonich, Hope Ministries***

This workshop will help participants how to understand the relationship between personal resources and behaviors that affect parenting styles. Information will be shared about helping families as they are try to overcome barriers to becoming self-sufficient.

## **104 Self Care for Caregivers and Professionals—Part II**

***Toni Bankston, LCSW***

Toni Bankston will continue the discussion started during the keynote on how to focus on self-care skills to help decrease stress, increase relaxation, and improve overall well-being with validated techniques scientifically proven to produce lasting health benefits. This will be a part II to the keynote presentation.

## **105 Coping Models**

***Russell Jones, Ph.D., Virginia Tech University***

This workshop will identify and describe in detail SAMHSA's Six Key Principles of a Trauma-Informed Approach and then will provide a detailed overview of the currently accepted evidence based models for trauma specific interventions.

# Breakout Sessions



REGISTER

**Wednesday, April 5, 2017**

## **201 Domestic Violence: Dynamics, Screening, and Promising Partnerships (REPEATED)**

***Mariah Wineski, Louisiana Coalition Against Domestic Violence***

Louisiana has the second highest rate of women murdered by men in the nation, and homicide is the second leading cause of death for pregnant women in Louisiana. Healthcare providers and social workers are in a unique position to support the safety of survivors and their children. This session will address advanced domestic violence dynamics and prevalence in the context of pregnancy and early childhood. Best practices for domestic violence screening will be addressed, as well as practical tips for implementation of domestic violence screening, safety planning, and partnerships between healthcare, social work, and advocacy systems.

## **202 Addressing Domestic Violence and Early Life Trauma—Part II (Repeated)**

***José A. Rivera, J.D., Rivera, Sierra, & Company, Inc.***

This workshop will focus on understanding the domains of domestic violence and how violence directly impacts the perinatal and postnatal experience. The workshop will also focus on the best practices for approaching participants and addressing issues related to domestic violence and early life trauma. This session will provide opportunities for participants to delve deeper into the domains of domestic violence, understanding the mind of the abuser, understanding the primary care and mental health damage of violence, and practical tips for engaging participants and harnessing the power of resiliency.

## **203 Generational Poverty and Parental Styles (Repeated)**

***Dick Stonich, Hope Ministries***

This workshop will help participants how to understand the relationship between personal resources and behaviors that affect parenting styles. Information will be shared about helping families as they are try to overcome barriers to becoming self-sufficient.

## **204 Compassion Fatigue**

***Michelle Many, LCSW, LSU Health Sciences Center***

Many child-serving professionals and volunteers work with survivors of trauma. We empathize with their anguish and confusion. We want to reduce their suffering and help them recover. But caring takes a toll, and over time we may find ourselves withdrawing from survivors emotionally, by “armoring” our feelings with cynicism or detachment. If we remain overwhelmed we may withdraw physically, through increased sick days, or in the worst cases, by leaving our jobs or careers. Both of these coping mechanisms deplete an experienced workforce, and are avoidable, if we take steps to understand and prevent compassion fatigue, vicarious trauma and secondary trauma. This workshop will address the emotional and physical costs of excess stress and compassion fatigue, and will identify effective personal, professional and administrative interventions to recognize and reduce or prevent compassion fatigue.

## **205 Parent and Child Neurobiology—Part II**

***Dr. Sarah Watamura, University of Denver***

A continued and in-depth discussion of the dynamics of the parent and child will be presented from a different perspective—the neurobiology and the many facets that can be impacted. This will be a part II to the keynote presentation.

# Additional Information



## Hotel Arrangements:

We have made arrangements with several area hotels for discounted/government room rates. These rates will only be available to attendees and must be reserved by March 3rd. Room blocks can fill quickly, so please make arrangements soon. After March 3rd the lower rates will not be available. *All attendees must make their own reservations and will be responsible for any charges.*

Name (Alpha Order)	Rate + tax, if applicable	Room Block Code	Reservation Number
<b>Crowne Plaza</b> , 4728 Constitution Avenue, Baton Rouge, LA 70808	\$98	Louisiana Parenting Education Network	225-925-2244
<b>Drury Inn &amp; Suites</b> , 7939 Essen Park Avenue, Baton Rouge, LA 70809	\$98	2299849	1-800-325-0720
<b>Fairfield Inn</b> , 7959 Essen Park Avenue, Baton Rouge, LA 70809	\$98	LAPEN Summit	225-766-9493
<b>Holiday Inn College Drive</b> , 4728 Constitution Avenue, Baton Rouge, LA 70808	\$98	Louisiana Parenting Education Network	225-448-2030
<b>Marriott Courtyard</b> , 2421 South Acadian Thruway, Baton Rouge, LA 70808	\$98	LAPEN	800-321-2211
<b>Radisson</b> , 2445 South Acadian Thruway, Baton Rouge, LA 70808	\$98	TeamDY	225-236-4000
<b>Springhill Suites</b> , 7979 Essen Park Ave, Baton Rouge, LA 70809	\$98	LAPEN Summit	225-766-5252

## Dietary Restrictions:

If you have a medically necessary dietary restriction, you will need to address it during registration. If you forget to address it, please call the event coordinator before the event. We cannot make arrangements for an alternate meal on the day of the conference.

## Continuing Education Credits:

Continuing education credit applications will be completed for social workers, nurses and child care staff. Certificates of attendance will also be distributed.

## Questions:

The 10th Annual LAPEN Summit for Parenting Educators & LA MIECHV Annual Education Meeting is being coordinated by Team Dynamics. If you have questions concerning your registration and/or payment, please call us at 985-624-3514 or send an email to Susan Shaffette at [susan@teamdynamicsweb.com](mailto:susan@teamdynamicsweb.com).

If you have questions concerning programmatic matters, contact Lenell Young, LAPEN Director and Early Childhood Parent Educator & Support Coordinator for the Bureau of Family Health at 225-218-5657 or [Lenell.Young@la.gov](mailto:Lenell.Young@la.gov).

**Thank you! See you in Baton Rouge!**