



FAMILY RESOURCES AND SUPPORTS INSTITUTE 2012

it's a small world

14TH ANNUAL TRAINING FOR EARLY START FAMILY RESOURCE CENTERS

MARCH 29-30, 2012

Crowne Plaza Anaheim Hotel ★ Garden Grove, California

WHO SHOULD ATTEND

- * Family resource center personnel
- * Volunteers providing support and resources for families of infants and toddlers with developmental disabilities

OTHERS WHO MAY BENEFIT

- * Early Start service providers and service coordinators
- * Staff from partner agencies and other referral sources, such as Early Head Start/Head Start, preschool programs, Public Health, Mental Health
- * Staff and volunteers from other family resource centers, including parent resource centers, family empowerment centers, and parent training and information centers

WHY YOU SHOULD ATTEND

- * To gain abilities, skills, and knowledge to support your work with families
- * To collect the latest information on a wide variety of topics and resources important to families of infants and toddlers with special needs
- * To meet with other parents from around the state who are doing the same kind of work
- * To recharge and gain inspiration

REGISTRATION INFORMATION

Register online at

www.wested.org/cpei

Fee \$75 per person

Registration Deadline March 16, 2012

INSTITUTE LOCATION

Crowne Plaza Anaheim Hotel

12021 Harbor Blvd

Garden Grove, CA 92840

Site information

www.anaheim.crowneplaza.com

Toll Free Booking 1-888-233-9527

Online booking

<https://resweb.passkey.com/go/98a628ec>

INSTITUTE SCHEDULE AT-A-GLANCE

DAY ONE * THURSDAY ~ MARCH 29, 2012

- 7:30 a.m. Registration
- 8:30 a.m. Welcome and Opening Session
- 9:00 a.m. Keynote
- 10:30 a.m. Morning Concurrent Breakout Sessions (90 minutes)
- 12:00 p.m. Lunch Break
- 1:30 p.m. Afternoon Concurrent Breakout Sessions (3 hours)
- 4:30 p.m. Heroes Among Us: Participant Partnerships Event

DAY TWO * FRIDAY ~ MARCH 30, 2012

- 7:30 a.m. Check-In
- 8:30 a.m. Morning Gathering
- 10:15 a.m. Morning Concurrent Breakout Sessions (90 minutes)
- 12:00 p.m. Lunch Break
- 1:15 p.m. Afternoon Concurrent Breakout Sessions (90 minutes)
- 2:45 p.m. Adjourn

FEATURED PRESENTATIONS

KEYNOTE PRESENTATION

Diversity, Disability and Parenting: Just How Small a World Is It?

As our demographics reflect, California's population continues to change. As family support providers, are we equipped and agile enough to respond to these shifting demographic changes? In this keynote address, Emiliano Ayala, Ph.D., will frame the concept of cultural competency by examining the common assumptions about sameness and difference in our own values, beliefs and behaviors and the families we support.

Dr. Ayala is professor and chair of the Department of Educational Leadership and Special Education at Sonoma State University. Dr. Ayala teaches and writes about the impact of cultural diversity in education, collaboration, and legal issues in special education, and universal design for learning. Dr. Ayala received his B.A. in psychology from the University of California, Santa Cruz in 1986 and an M.A. in counseling psychology from San Diego State University in 1989. He received his Ph.D. in Education in 2000 from the San Diego State University/Claremont Graduate University joint doctoral program. He joined the faculty at Sonoma State University in 2000.

PARTICIPANT PARTNERSHIPS EVENT

Heroes Among Us

Thursday, March 29, 2012 4:30 – 6:30 p.m.

In keeping with the Institute's theme and location, this event is inspired by the heroes and heroines who are an integral part of Early Start services – the family support staff. The gathering on Thursday evening provides the opportunity for participants from across the state to gather with colleagues, new and old, while exploring informational displays, sharing experiences and resources, and engaging in other activities related to the support and education of families. Volunteers from Regional Center of Orange County Comfort Connection Family Resource Center will facilitate.

DAY TWO * MORNING GATHERING

Moving from Family Support to Family Strengthening Friday, March 30, 8:30 – 10:00 a.m.

The experiences families have with their Early Start family resource centers are affected by everyone with whom they have contact and even by those with whom they may not interact directly. The policies, culture and procedures that are in place at each organization shape the quality and effectiveness of the services provided. The Family Resource Centers Network of California (FRCNCA) has been actively involved in the development of the draft *California Family Strengthening and Support Standards*; in fact, the original *Family Support Guidelines* were one of the 17 source documents used in the development of the *Family Strengthening and Support Standards*.

This session will provide an introduction to the draft *Standards*, which are designed for use by family support providers to plan, provide, and evaluate quality services and activities. The *Standards*, to be implemented with the support of networks, public departments, private foundations, families and communities, provide a guideline for program operation from the moment a family first reaches an agency to the evaluation component that helps assess the level at which an agency is meeting the needs of a community.

NOTE: Attendance at the Morning Gathering is required to receive the full attendance seal on the certificate of completion for this Institute. Institute gold seals will be distributed at the completion of the Morning Gathering. **These seals indicate full attendance at the Institute** and should be affixed to participants' Certificates of Attendance. **For those who have applied for a scholarship through the Early Start Personnel Development Fund, the certificate and seal are required for expense reimbursements.**

DAY 1 THURSDAY, MARCH 29, 2012

MORNING BREAKOUT SESSIONS

10:30 A.M.–12:00 P.M.

1A Orientation to Early Start

Debra Sarmento, Family Resource Centers Network of California; Jacqui Kerze, Regional Center of Orange County Comfort Connection Family Resource Center

An interactive session to clarify the who, what, when, where, and how of the California Early Start system.

1B One Door: Early Start and Prevention Resource and Referral Services

Susan Roddy, Prevention Resource and Referral Services Sherry Torok, Early Start Family Resource Center

Recent policy changes have altered ways in which families of children at risk for developmental delays receive information, referral and services. Representatives from the state partner agencies will discuss prevention services for children ages birth to three. Topics will include how to assist families, track children's progress, and work with families to help them understand the roles and importance of partner agencies.

1C Use of Insurance – Health Care Connections Manual Tools

Juno Duenas, Support for Families

This session presents the *Health Care Connections Manual* as a tool for working with families. This guide provides families and professionals a description of managed care plans, private health care plans, and public programs for which children with special health care needs may be eligible. There are tips for parents on choosing the right plan and health care provider, working with health care providers, keeping records, and advocating for a child when things go wrong.

1D Laughter Yoga

Anna Murillo, H.E.A.R.T.S. Connection Family Resource Center

Laughter Yoga is a form of exercise combining intentional laughter with deep breathing and guided relaxation. Participants will learn the benefits of Laughter Yoga as it lowers the level of stress hormones, fosters a positive and hopeful attitude, improves respiratory function and boosts the immune system.

1E Executive Optimism – How To Get It, Keep It, and Spread It

Michele Rogers, Ph.D., Early Learning Institute Rainmaker Extraordinaire

What you say matters! This session for directors and supervisors provides strategies for keeping an optimistic outlook with your staff. Dr. Rogers will discuss positive meeting behavior, finding the good in others, and managing the emotions of change.

LATE AFTERNOON BREAKOUT SESSIONS

1:30–4:30 P.M.

1F Knowing the Past to Prepare for the Future Family Voices Leadership Guide – Final Chapter

Linda Landry, Family Resources Center Network of California Patty Moore, Alpha Family Resource Center Santa Barbara

This session is based on the final chapter of the *Family Voices of California Leadership Guide*. Participants will identify important policy as it pertains to children with special needs and their families, gain leadership skills, and learn to develop an action plan for identifying issues, goals, and key partners in collaboration.

1G Getting the Right Care at the Right Time – for the Very Young

Susan Burger, Managed Health Care

Presenter to Be Announced, Department of Insurance

This session provides resources to help families understand and navigate the insurance and managed care systems, find support for appeal processes and keep up with news on coverage by insurance companies. Presenters will offer tools and resources and address frequently asked questions.

1H Understanding and Exploring Deaf Culture: Engaging Parents of Deaf and Hard of Hearing Babies

Kat Lowrance, Rowell Family Empowerment Center

Terrylene Sacchetti, Parent

Panel participants: Irma Sanchez, Family Focus Resource Center/ParentLinks Mentor; Cora Sahid, Family Focus Resource Center/ParentLinks Mentor; Alondra Nicholson, Special Education Teacher/Parent; Jaelyn Lee Vincent, Graduate Student/Parent

This workshop will allow participants to better understand what culture is from the deaf perspective. It will also highlight parent experiences to better understand what parents are looking for when they discover their babies are deaf or hard of hearing.

1I Star Power

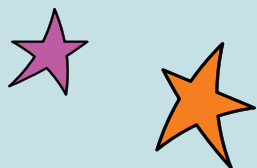
Yvette Baptiste, East Los Angeles Family Resource Center

This fun session is designed for those assisting families of various social, economic, and cultural groups who want to better understand the experience of differences in our society. Star-Power is a simple game played by exchanging tokens to create a three-tiered "society." The game simulates what happens in real life and the privileges, misunderstandings, and abuses of power that are found in hierarchical systems. Participants will share their reactions and perspectives through a guided discussion.

1J Celebrate Commonalities Across Cultures

Theresa Pineda, Rowell Family Empowerment Center of Northern California (Spanish); Apryl Chauhan, Family Focus Resource and Empowerment Center/ParentLinks

This fun and interactive session will heighten cross-cultural awareness and celebrate cross-cultural knowledge. Presenters representing a variety of cultures will discuss values, beliefs, child-rearing practices and behaviors common to their culture and teach participants basic phrases for interacting with families.



DAY 2 FRIDAY, MARCH 30, 2012



MORNING BREAKOUT SESSIONS

10:15–11:45 A.M.

2A Just Breathe

Jacqui Kerze, Regional Center of Orange County Comfort Connection Family Resource Center

Work can often put a lot of stress on an individual. Learning how to cope with stressful situations will not only help keep you healthier mentally and physically, it can also make your job more rewarding. Finding ways to relax while at work is very beneficial. At the end of this session you will walk out feeling better about yourself and your job.

2B History of the Parent Movement

*Raymond Hampson, Warmline Family Resource Center
Susan Graham, H.E.A.R.T.S. Connection Family Resource Center*

This presentation will highlight the significant milestones in the history of the parent movement in California and in the United States. We will talk about the significant legislation; landmark lawsuits, and the successes of the grassroots parent movement. We will look back in time to the late 1940s, all the way up to 2011.

2C Understanding the NICU Experience

Debra Sarmento, Family Resource Centers Network of California; Kelly Young, Warmline Family Resource Center

How do we effectively serve the families of neonatal intensive care unit graduates? What are the challenges of connecting with the families of NICU grads? This interactive session will provide the opportunity to explore successful strategies and resources to serve this population.

2D Cultural Competency in Family Support

Emiliano Ayala, Sonoma State University

Cultural competency refers to an ability to interact effectively with people of different cultures, particularly in the context of social services/support organizations that often work with persons from different cultural and ethnic backgrounds. We will explore four key components of cultural competency including: (a) awareness of one's own cultural worldview, (b) attitudes toward cultural differences, (c) knowledge of different culturally based child-rearing practices, and (d) how to respond in culturally appropriate and meaningful ways.

2E Tech Tech Here, Tech Tech There

Joe Parente, Digital Media Consultant

In this session, participants will learn how to use Web 2.0 tools for collaboration, communication, and creativity in their everyday work. Useful technology for virtual interaction, web conferencing, and project management will be explored.

AFTERNOON BREAKOUT SESSIONS

1:15–2:45 P.M.

2F There's an App for That!

Shane Nurnberg, Rowell Family Empowerment Center

This updated, informative, and entertaining session focuses on mobile device applications (apps) available for Mac devices. Participants are encouraged to bring their devices for an interactive and dynamic presentation.

2G Reaching for the Stars

Liz Spencer, Parent Consultant; Jayce Spencer, Consultant; Yudi Bennett, Parent Consultant; Noah Schneider, Saucer Entertainment

In this session presenters will share stories of personal aspirations, challenges, and achievements. Discussion focuses on ways to support parents to envision and pursue goals for their children, especially during the very early years.

2H Applying True Colors to Support Families to Support Their Child's Development

Cindy Holmes, Cindy Holmes Consulting

True Colors is a model of personality identification that is easy to understand, remember, and apply. Participants will learn to use True Colors to design family workshops to support family competence and confidence.

2I A Cultural Perspective of Disability

Emiliano Ayala, Sonoma State University

Family support professionals and the families with whom they work may not share the same understanding of disability. They may not hold a common belief of what causes disabilities. Knowing that not all cultures share the same concept of disability helps us understand why some families react differently when their child has a disability.

2J Telling Your Story and Using Data to Back It Up

Eileen Crumm, FRN Oakland

There are a number of great, free online sources of local information about children with special needs in your community, including kidsdata and kidscount. This session will provide strategies for finding and using data to strengthen grant proposals, inform policy and assist in education and outreach.



Family Resources and Supports Institute is a program of the Department of Developmental Services, Early Start Section, coordinated by WestEd Center for Prevention and Early Intervention. For more information, contact Laura Romero at lromero@wested.org or 916.492.4018.

