



Foster Kinship Care Education - Solano Community College

Solano Conference March 1-4, 2022

# "Solano VIP's for Children & Families"



Sunrise Event Center 620 Orange Drive, Vacaville

[www.fosterluv.com](http://www.fosterluv.com)



# Foster Kinship Care Education- Solano College-Annual Conference March 1-4, 2022

## Solano VIP's for Children & Families

### Tuesday March 1, 2022

8:30am  
Registration Opens

9:00am-10:00am  
Welcome - Opening Session

10:10am-12:10am  
Workshop A

12:20pm - 1:50pm  
Luncheon  
2021 Year in Review

2:00pm-4:00pm  
Workshop B

4:15pm-6:15pm  
Workshop C

6:30pm-8:30pm  
Workshop D



### Wednesday March 2, 2022

8:45am Registration continues

9:00am-10:00am  
Morning Resource Fair (1)

10:10am-12:10am  
Workshop E

12:20pm - 1:50pm  
Luncheon  
Viewing "Resilience"

2:00pm-4:00pm  
Workshop F

4:15pm-6:15pm  
Workshop G

5:00pm-9:00pm  
CPR/First Aide

6:30pm-8:30pm  
Workshop H



### Thursday March 3, 2022

8:45am Registration continues

9:00am-10:00am  
Morning Resource Fair (2)

10:10am-12:10am  
Workshop I

12:20pm - 1:50pm  
Luncheon Rick Delaney  
Encouraging Laughter

2:00pm-4:00pm  
Workshop J

4:15pm-6:15pm  
Workshop K

5:00pm-9:00pm  
CPR/First Aide

5:30 - 7:30  
Foster Care Bill of Rights &  
Prudent Parent Training

6:30pm-8:30pm  
Workshop L



### Friday March 4, 2022

8:45am Registration continues

9:00am-10:00pm  
Morning Resource Fair (3)

10:00am-2:00pm  
CPR/First Aide

10:10am-12:10am  
Workshop M

12:20pm - 1:50pm  
Luncheon  
"Now What?"  
M3 Transformation

2:00pm-4:00pm  
Workshop N

4:15pm - 5:45pm  
Workshop O

6:00pm-8:00pm  
Banquet  
Keynote: Tracy Jackson  
"Everyone's a VIP"



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## Solano VIP's for Children & Families

**Opening Session** Tuesday March 1 9:00am – 10:00am morning snack **Welcome and meet @ greet**

**A workshops 10:10am-12:10pm**  
Tuesday March 1, 2022

### A-1 Drug Exposed Infants & Children

Presenter: **Trudy Emanuelson-Scampini MA, AMFT**

Trainer discusses the prevalence of foster infants exposed to drugs and/or alcohol in utero and the negative effects that prenatal exposure to illicit drugs and alcohol have on developing infants. Trainer discusses public education campaigns that emphasize the harm done by using alcohol, tobacco, and illicit drugs during pregnancy. Some States consider prenatal exposure to be evidence of child abuse or neglect, whereas others do not. Hospitals do not usually provide CPS or other State agencies with data on the total number of infants tested at birth, results of the tests, or referrals to CPS. California practices on the side of child abuse and neglect.

Trainer examines the severity of consequences for the child can depend on how much the mother uses and at what time during pregnancy. Each substance reacts differently in the mother's body and can affect the baby in different ways, but outcomes run the gamut of affecting intelligence, attention, higher-level executive functions like problem-solving, and language, as well as academic achievement, emotional functioning, behavior regulation, and the child's own future drug use. Here are some examples

### A-2 Labels Vs Descriptions

Hybrid on Zoom

Presenter: **Tracy Jackson**

We will discuss topics like power and privilege, and also how labels are damaging. We will empower you to describe rather than label people and events, to have more productive conversations when it comes to issues of diversity

### A-3 The Mind Behind the Mask - Hybrid

Presenter: **Rick Delaney, Ph.D**

How has the pandemic affected our children's social and emotional development? How has the ability to understand others been impacted by masks, lockdowns, and online school? We will focus on how to coach children in a better awareness of their own and other's thoughts, feelings, and intentions

### A-4 No Such Thing as a Bad Kid

(part 1 register for part 2 B-1 or G-1)

Presenter: **Charlie Appelstein**

Strength-based practice is an emerging approach to guiding children and youth and in particular - those with emotional & behavioral challenges - that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every young person has or can develop strengths and utilize past successes to mitigate problem behavior and enhance academic and social and functioning. This full-day, comprehensive workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques including: reframing, using solution-focused questions, positive-predicting and inspirational metaphors; encouraging growth vs. fixed mindsets; self-esteem building & activities for at-risk children and youth; how to help cognitively-inflexible young people; the importance of being family-friendly; why, how, and when to use incentive plans; the importance of controlling personal emotions (i.e. managing number one first); respectful, relationship-based limit setting; and a host of creative cognitive behavioral strategies.

**B workshops 2:00pm -4:00pm**  
Tuesday March 1, 2022

### B-1 No Such Thing as a Bad Kid

(part 2- register for part 1 A-4 or F-1)

Presenter: **Charlie Appelstein**

Continued from Part 1 A-4

### B-2 Survival in Today's World- Hybrid on Zoom

Presenter: **Trudy Emanuelson-Scampini MA, AMFT**

In the theme of "after a disaster, now what?" trainer discusses what families are doing and can be doing dealing with all the changes ... masks...distancing ... isolation ... fear of COVID and all that is going on in their world. For youth in care, how is school different? What can parents do to prepare the school age children for return to the classroom or, return to at-home distance learning as necessary. As a family any family must together, find the balance, reduce anxiety and find joy in life, not just "get by." Trainer discusses how some families are proceeding and other families still struggle. Trainer reminds participants that they are not alone in their struggle and to seek professional help, discuss with other parents, etc. hold on to hope that the world will recover from the pandemic becoming stronger and wiser. Trainer also discusses that children worry about things beyond their control (don't we all), the families they left behind, maybe siblings who are placed remotely, etc.

**Luncheon Tuesday March 1 12:20pm - 1:50pm**

**Meet our new Solano CWS Deputy Director And 2020 & 2021 years in review**

The last 2 years have been an amazing Challenge. Let's take a look at our challenges - how they we overcame them. -What is working - what needs tweakina and more

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More B workshops on next page

### B-3 Building Deep Long Lasting Relationships with Youth

Presenter: **Greg Begin**

In this session we will look at what makes for enduring relationships and how to bring that awareness to our work with the children we care for. The need for lifelong connections can not be overstated. It is also worth pointing out the things remembered here (I believe we already know) will be relevant to all of our relationships.

### B-4 Understanding the Mind of the Child

**Who Deceives: Stealing & Lying-** Hybrid on Zoom

Presenter: **Rick Delaney, Ph.D.**

This workshop will discuss two sometimes inter-related problem behaviors: lying and stealing. We will break up the presentation in two parts:

Part I: Lying: Helping Children Tell the Truth

Lying is the most frequent concern of adoptive parents who bring their child to a mental health clinic. Most foster and kinship parents believe the motto: "Honesty is the best policy." But with some children truth-telling can be spotty at best. With some traumatized children in foster or kinship families who have been traumatized, lying can become routine and habitual. We will discuss underlying reasons for lying and things to consider when supporting the child to learn to tell the truth.

Part II: Stealing--The World Does Not Give, So I Take

Children who have been traumatized by physical and sexual abuse and neglect have sometimes learned to steal to survive. In this workshop we will discuss a wide range of stealing and what might cause it. We will describe things to consider when supporting children to reduce or eliminate stealing

C workshops 4:15pm-6:15pm  
Tuesday March 1, 2022

### C-1 Regulating and reducing Stress Through Mindfulness

Presenters: **Julie Burns, LCSW, PPSC & Guadalupe Aguayo**

Do you find yourself feeling frustrated or helpless as a parent (or in any of the other roles you hold)? Are you stressed and tired, or struggling to stay calm amid chaos and demands around you? This experiential and engaging session will provide an introduction to mindfulness and its many benefits, while building a toolbox of skills to help you be fully present without judgment of any shortcomings. Through guided practice of mindfulness strategies, you will learn to reduce stress, improve decision making and response, and create a sense of calm control through simple regulation. As you master the art of mindfulness, you will gain confidence in your ability to help others also regulate in times of crisis.

### C-2 Encouraging the Arts

Presenter: **David Rogers**

The healing power of the Arts is well documented and can have a powerful impact on our youth. Join this interactive workshop that Will explore different modalities and creative outlets.

D workshops 6:30pm-8:30pm  
Tuesday March 1, 2022

### D-1 Use the Force Luke- Hybrid on Zoom Managing Number One First

and Staying Motivated to Do the Job

Presenter: **Charlie Appelstein**

Raising and guiding kids with emotional and behavioral challenges can elicit difficult feelings that can compromise a caregiver's performance. This uplifting presentation examines the major triggers and provides strategies for self-management that keeps enthusiasm alive. Focal points include: how to respond instead of react when personalizing problem behavior, the pivotal role of support and how to manage when it's lacking, the need to check personal baggage at the door, and a new energizing definition for success in working with at-risk populations

### D-2 Understanding & Supporting Trauma

Presenter: **Nola Brantley**

Working with foster youth can be challenging given the generational patterns of trauma, poverty, incarceration, etc. So, it's essential for providers to understand generational trauma and how to work with foster youth from a generational perspective. Providers will learn strategies to support youth with generational patterns of trauma within their families.

E workshops 10:10am-12:10pm  
Wednesday March 2, 2022

### E-1 Use the Force Luke

Managing Number One First . . . and Staying Motivated to Do the Job

Presenter: **Charlie Appelstein**

See D-1 for description

More E workshops on next page

Wednesday March 2  
9:00am - 10:00am  
Morning snack  
Resource Fair- session 1

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### E-2 ADAPT:

Using an Online Tool to Pinpoint Training Needs

Presenter: **Rick Delaney, Ph.D.**

Foster parents all receive core, basic training. Beyond that general approach, however, parents should seek training that is tailored to the challenges they face with their children. Filling out an online questionnaire (ADAPT) can pinpoint specific training suggestions based on your specific child

### E-3 Vicarious Trauma - Hybrid on Zoom

Presenter: **Rita Washington Ph. Ed**

In discussion, trainer explores how interacting with seriously traumatized children has the potential to affect care-givers and professionals providing service to youth. Trainer begins with an introduction to post-traumatic stress disorder as being one of the possible negative consequences of exposure to traumatic events. Trainer discusses the concepts of vicarious traumatization, secondary traumatic stress, burnout and compassion fatigue, as potential adverse consequences for adults who strive to help children who have been traumatized or victimized.

### E-4 Empowerment and Motivation

Presenter: **Greg Begin**

We want our youth to be strong, self reliant individuals who have successful lives. This requires opportunity to grow and make mistakes and learn from them. Encouraging youth to develop these skills is essential and quite challenging. This class focuses on how to help youth find their power and also how to motivate youth when they seem to be uninterested in participating.

Wednesday March 2 12:20pm - 1:50pm  
Luncheon -Viewing of "Resilience"

### F-1 No Such Thing as a Bad Kid

(part 1 register for part 2 B-1 or G-1)

Presenter: **Charlie Appelstein**

See A-4 for description

### F-2 3 Encouraging Empathy Hybrid on Zoom

Presenter: **Rick Delaney, Ph.D**

The development of empathy or feeling for others is a key ingredient to mental health. Children who have been traumatized by such things as abuse and witnessing domestic violence may struggle to feel empathy for others. Aggressive behavior, social and physical, can occur when children have low levels of empathy for others. This workshop will address how to understand and help children develop empathy.

### F-3 Understanding CFT's

Presenter: **Magie Chiang & Sonia Saini**

CFT's are an important and very part of QPI- Quality Parenting Initiative. Come see how they work, who should participate, how to participate and why you are an important member of the team.

F workshops 2:00pm-4:00pm  
Wednesday March 2, 2022

### F-4 Disaster Preparedness - Hybrid on Zoom

Presenter: **Maria Padilla**

A disaster is defined as a "sudden or great misfortune" or simply "any unfortunate event."

More precisely, a disaster is "an event whose timing is unexpected and whose consequences are seriously destructive." These definitions identify an event that includes three elements:

- Suddenness
- Unexpectedness
- Significant destruction and/or adverse consequences.

However, a fourth element, lack of foresight or planning, is often added. Disasters occur with unnerving frequency. Their adverse consequences increase for those who do not prepare for predictable contingencies.

Through power point presentation and online resources, this training will help Resource Parents prepare for different types of disasters and emergencies, to avoid re-traumatizing children in their care.

Thursday March 3, 12:20pm-1:50pm Luncheon **Encouraging Laughter**

Keynote speaker: **Rick Delaney, Ph.D.**

They say laughter is good medicine! A daily laugh, like an apple, might keep your doctor away. But beyond physical health, laughter is magic for bonding with others. "Laughter," as Viktor Borge said, "is the shortest distance between two people". Sadly, many kids have not laughed with their family and friends. It takes a sense of humor to survive this life. Let's focus on building a sense of humor in our children.

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**G workshops 4:15pm-6:15pm**  
Wednesday March 2, 2022

### **G-1 No Such Thing as a Bad Kid**

(part 2- register for part 1 A-4 or F-1)

Presenter: **Charlie Appelstein**

### **G-2 The Power of Positive Parenting**

Presenter: **Triple P Team**

Positive parenting is an effective approach to raising children by emphasizes the positive. Positive parenting reduces stress and unwanted behaviors. We will share strategies and example of how to use them.

**H Workshop 6:30pm-8:30pm**  
Wednesday March 2, 2022

H-1

### **Melting Pot VS Mosaic Mentality**

Presenter: **Tracy Jackson**

The old adage of creating a melting pot is outdated, where diversity was welcomed but it required assimilation. Transform your mind with Mosaic Thinking, where everyone can be embraced as a unique individual, each with their own qualities

### **H-2 (in Spanish) Spanish/English Balance**

Hybrid on Zoom

Presenter: **Claudia Diaz-Seeenster**

### **H-3 RFA+ The Role of the Resource Parent**

Presenter: **FKCE-SCC Team**

This is a great refresher or for the first time. We will go over some often overlooked rules, expectations of Resource Parents, do's and don'ts and more. Bring you questions,

Thursday March 3 9:00am - 10:00am  
Morning snack

### **Resource Fair session 2**

**I workshops 10:10am-12:10pm**  
Thursday March 3, 2022

### **I-1 Smoke & Mirrors: - Hybrid on Zoom**

#### **How Youth Hide Their Online Activity**

(part 1, register for part 2, J-1)

Presenters: **Dr. Deena Graves,**

**Derek Williams, Denise Williams**

Smoke & Mirrors is by far the most crucial training we do that unpacks how our youth unintentionally put themselves in danger of child sex trafficking, sextortion, use in pornography, and more by what they intentionally hide. We will share how to find what your youth are hiding and what to do about it.

### **I-2 Fundamentals of Infant Care- Hybrid on Zoom**

Presenter: **Alma Woodard**

Presenter will review the basic care and precautions while caring for infants in the foster care system. The training covers best practices in sleep rules when caring for infants. Presenter will discuss new crib standards, crib recalls, safety hazards and how they affect a safe sleeping environment. Training addresses the proper way to feed and burp a new born infant and how to make certain the infant is consuming the proper amount formula, basic diaper rash symptoms and how to properly treat and prevent rashes. Presenter also discusses common health issues in infants and toddlers in Foster Care. Presenter will discuss teething, infant development stages and milestones, well baby checkups, and immunizations. The basic side effects from prenatal drug exposure will be

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reviewed and how it can prevent the child from reaching age appropriate milestones, creating significantly more health issues and caregiving demands.

### **I-3 Microaggression**

Presenter: **Tracy Jackson**

What are they, How do you respond when they take place, and how can you prevent them from happening.

### **I-4 Parenting in OZ**

(part 1, register for part 2 & 3, J-2 & K-1)

Presenter: **Rolf Vanleeuwen**

"Parenting In OZ!" is an experiential, memorable, trauma-informed, parenting curriculum designed to help parents and staff understand and respond therapeutically to the acting-out behaviors often exhibited by children who have experienced the trauma of neglect, abuse, and loss. Utilizing the vivid imagery from "The Wizard of OZ" and the emergency room, this unique training is an entertaining, multi-sensory approach to working with trauma that both professionals and parents cannot help but remember and integrate into their work. Trauma informed parenting is a paradigm shift for many parents who have often been trained to utilize tools designed to bring external controls to address or remediate problematic behaviors within a particular environment.

**J workshops 2:00pm-4:00pm**  
Thursday March 3, 2022

### **J-1 Smoke & Mirrors - Hybrid on Zoom**

#### **How Youth Hide Their Online Activity**

(part 2, register for part 1, I-1)

Presenters: **Dr. Deena Graves,**

**Derek Williams, Denise Williams**

More J workshops on next page

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### J-2 Parenting in OZ

(part 2, register for part 1 & 3, I-1 & K-1)

Presenter: **Rolf Vanleeuwen**

"Parenting In OZ! Part 2" expands the understanding of childhood trauma. This class is to be taken after Parenting in Oz, part 1. It explores how all brains operate under stress. Presenter will discuss trauma-informed interventions and care plans to help children calm and heal. Participants will glean knowledge in ways to calm their own stress and remain regulated in the midst of the child's significant stress. Presenter will help participants better understand behaviors previously labeled as "misbehavior". Presenter will discuss the terms dysregulation and regulation. Participants will begin to understand the roots of "misbehavior" and how solidly-planned parenting techniques can correct it.

### J-3 Social-Emotional IQ -

at Home and School- Hybrid on Zoom

Presenter: **Rick Delaney, Ph.D.**

Without question many children have lost ground academically during the pandemic. In addition to school learning, children's social-emotional (SE) intelligence and social skills have also been impacted. SE is the ability to recognize and deal with emotions in self and others. It also involves learning prosocial skills, developing empathy, and mastering relational problem-solving. Social-emotional IQ is a crucial factor to succeeding in school and life in general. This workshop will discuss ways for parents and others to enhance SE development and to help children play catch-up.

### J-4 Empowerment and Motivation

Presenter: **Greg Begin**

We want our youth to be strong, self reliant individuals who have successful lives. This requires opportunity to grow and make mistakes and learn from them. Encouraging youth to develop these skills is essential and quite challenging. This class to focuses on how to help youth find their power and also how to motivate youth when they seem to be uninterested in participating.

K workshops 4:15pm-6:15pm

Thursday March 3, 2022

### K-1 Parenting in OZ

(part 3, register for part 1 & 2, I-1 & J-2)

Presenter: **Rolf Vanleeuwen**

This session will use what you have learned in sessions 1 & 2. Presenter will help everyone leave with the knowledge and confidence to put new ideas into practice

### K-2 How to use Story Telling

for Foster Youth

Presenter: **Greg Begin**

Storytelling has been used for centuries to teach life lessons, pass along cultural values and entertain. It is a valuable skill to hone. Storytelling can be especially powerful for dealing with trauma. This makes it especially powerful for dealing with trauma. This makes it especially helpful to youth in the foster care system. Come learn a little about storytelling, how to use it with our children and get some practice telling a good story

Thursday March 3, 2022 5:30pm-7:30pm

## Foster Care Bill of Rights & Prudent Parent Standard Training

Presenter: **CA State Ombudsman**

This training will be interactive experience that teaches participants about the Foster Youth Bill of rights

Participants will learn about:

- The role and duties of the office of the Foster Care Ombudsperson
- The Foster Youth Bill of rights and
- Reasonable and Prudent Parent Standard

Participants will be empowered to:

- Make parenting decisions that will uphold the rights and promote the positive development and well-being of youth in care and
- Utilize the office as a resource to advocate for youth when a right has been violated

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L workshops 6:30pm-8:30pm  
Thursday March 3, 2022

### L-1 Traps of the Trafficker<sup>©</sup> (with youth and caregivers)

Presenters: **Dr. Deena Graves,**  
**Derek Williams, Denise Williams**

In this award-winning, nationally recognized, evidence based and interactive presentation, youth will learn about the trick, traps, and lures of traffickers and leave feeling empowered to keep themselves and their friends safe.

### L-2 (with kids) Encouraging the Arts

Presenter: **David Rogers**

The healing power of the Arts is well documented and can have a powerful impact on our youth. Join this interactive workshop that Will explore different modalities and creative outlets. You are welcome bring your children (only to this class). We will have a fun, hands on evening

### L-3 Raising Resilient Children

Presenter: **Triple P Team**

One of the most important tasks of parenting is helping children learn to deal with their emotions. We will discuss the 6 key skills for emotional resilience: recognizing and accepting feelings, expressing feeling appropriately, having a positive out look, developing effective ways of coping, being able to deal with negative feelings, and being able to manage stress full life events. We will discuss some ideas on how to help children become emotional behavior.

Friday March 4 9:00am - 10:00am Morning snack

### Resource Fair session 3

M workshops 10:10am-  
12:10pm

### M-1 Allegation prevention and now what

Presenters: **Alexis Pope,**  
**Sonia Saini,**

#### **Tyffany Wanberg**

Solano County Child Welfare-Resource Family Allegation & Complaint Investigations

This workshop will specifically focus on the Allegation & Complaint Investigation policies & procedures for Solano County approved Resource Family Homes (while open to everyone, some policies/procedures may differ if you were approved by an FFA or other county). Come learn about what happens when/if a complaint or allegation of child abuse, neglect or violation of foster youth personal rights is made against you/your home. Learn what to expect, how to advocate for yourself and possible outcomes of an investigation.

### M-2 Suicide Prevention

Presenter: **Gary Stanoff**

QPR--Question, Persuade, Refer  
ASK A QUESTION, SAVE A LIFE

this is a Gatekeeper Training. A Gatekeeper is anyone in a position to recognize a crisis and warning signs that someone may be contemplating suicide.

Learn the warning signs and predictive verbal and behavioral signs of suicide.

Topics include:

Trauma & Bullying

Signs of Suicide--direct verbal clues, indirect verbal clues, behavioral clues, situational clues.

Who's at Risk?

How to intervene...learn how to ask the question.

### M-3 The Mind Behind the Mask- Hybrid on Zoom

Presenter: **Rick Delaney, Ph.D.**

How has the pandemic affected our children's social and emotional development? How has the ability to understand others been impacted by masks, lockdowns, and online school? We will focus on how to coach children in a better awareness of their own and other's thoughts, feelings, and intentions.

### M-4 Road Not Taken- Hybrid on Zoom

**Preventing At-Risk Youth From Becoming  
Recruiters, Bottoms, or Traffickers.**

Presenter: **Dr. Deena Graves,**

**Derek Williams, Denise Williams**

This training is based on the book that will be released March 1, 2022 and available at conference. "Mind Games: understanding trafficker Psychological Warfare.

Join this one-of-a-kind, interactive training for:

- Cutting edge research to analyze the link between early childhood trauma and the path to trafficking youth
- Insider-insights through Derek's and Denise's stories
- Innovative brain science to understand how trafficking victims become victimizers
- Practical tools to divert youth off the path of victim and victimizer and other harmful behaviors

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N workshops 2:00pm-4:00pm  
Friday March 4, 2022

### N-1 Building Belonging

Presenter: **Tracy Jackson**

Belonging creates space for all people to feel valued and included within a group. Meaningful steps you can take to ensure that you build and foster a welcoming environment.

### N-2 Shrink Tank: Ask Dr. Rick

Hybrid on Zoom

Presenter: **Rick Delaney, Ph.D.**

Bring your questions for this session with Dr. Delaney. We will provide a think tank (or "shrink tank") experience for all of us. This session will allow parents to raise concerns, predicaments, and challenges they have about their children and their children's behavior. If you have never been in a parental support group, this will give you a chance to see the benefits of sharing concerns and questions with other parents and Dr. Delaney.

### N-3 Communication 101- Hybrid on Zoom

Presenter: **Greg Begin**

Let's talk about how to respect each other in our communications. We will discuss how to show respect in our communications and how to get respect in return. Like many simple concepts communicating and interacting with our youth (everyone) respectfully requires a lot of effort and practice. Our best chance at having our youth listen when we talk and share what we need them to share comes down to respectful, non judgmental communication.

12:20pm - 1:50pm Luncheon

### "Now What ?"

Anti-Trafficking Best Practices

This is a great opportunity to ask questions, share what has worked and hear success stories and how they happened.

**M<sup>3</sup> Transformations - DR. Deena Graves, Derek Williams, Denise Williams**

O workshops 4:15pm-5:45pm

Friday March 4, 2022

### O-1 How to use Story Telling

for Foster Youth

Presenter: **Greg Begin**

See K-2 for Description

### O-2 Regulating and reducing Stress

Through Mindfulness

Presenter: **Julie Burns, LCSW, PPSC**

& **Guadalupe Aguayo**

See C-1 for description



### Closing Banquet

March 3, 2022 6:00pm-8:00pm

### "Everyone's A VIP"

**Keynote Speaker: Tracy Jackson**

This is a great time to dress to impress. As we will enter on the red carpet the paparazzi will be doing what they do.

Immediately Following closing banquet, Solano Resource Family Association is having a fun for all event. (adults only) and you are invited.

What are we Celebrating?? You for surviving and thriving through 2020 & 2021 along with our 26<sup>th</sup> Solano Conference.

more information and registration go to [www.FosterLuv.com](http://www.FosterLuv.com)

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# Foster Kinship Care Education- Solano College-Annual Conference March 1-4, 2022

## Solano VIP's for Children & Families

### "Very Important Presenters" Bio's

**Alma Woodard** possess an MS in Guidance and Counseling, BS in Sociology with Minor in Social Work. She graduated from Jacksonville State University in Jacksonville, AL, and has a passion for facilitating trainings and working with families and children. Alma is currently a RFA Home Approver/Trainer with Alternative Family Services.

She has been a dedicated and resourceful professional in the field of social work for 37+ years; 29 years of which in foster care and 8 years in mental health. In the past 29 years, she has worked in various positions for mainly two non-profit agencies as home approver/certifier, trainer, site manager, recruiter, case manager/social worker and district administrator. In her early career, she worked 8 years in mental health as psychiatric technician and director of an adult day treatment program.

She is accustomed to handling sensitive and confidential information and being proactive in meeting the goals of the agency by using necessary tools and skills to provide services to youth, resource parents and staff

**Charlie Appelstein MSW**, provides original, strength-based training, consultations, and motivational presentation for schools and child and youth care programs internationally. He lives in southern New Hampshire and is the award will author of "The Gus Chronicles: Reflections from an Abused Kid". He also wrote "No Such Thing as a Bad Kid"

#### Dr. Deena Graves

##### **M<sup>3</sup> Transformations Founder and President**

Deena has worked in the field of child sex trafficking for 13 years. She opened a safe house and has worked directly with some of the most tortured and traumatized children possible. Highly traumatized youth who sit silently in places such as juvenile detentions refusing to disclose what has happened to them tell Deena their trafficking stories within an hour of meeting her - immediately after participating in her *Traps of a Trafficker*® program, which received a national award for a case it broke. Deena has trained more than 100,000 professionals, first responders, and caregivers at the federal, state, and local levels and has spoken at multiple national and regional conferences.

The anti-trafficking nonprofit she founded in Texas was named the Outstanding Organization of the Year by the Fort Worth

Commission for Women with commendations by the Fort Worth mayor, city council, and a state senator in less than two years of its founding.

When she decided to broaden her scope, she founded M<sup>3</sup> Transformations, which designs hope for abused-and-neglected children and those who serve them. As president of M3, she leads the team in cutting-edge trainings and innovative consulting services.

Deena has a background in journalism and corporate communications, where she won multiple international, regional, and local awards, including Dallas Communicator of the Year. She earned her doctorate in Strategic Foresight.

#### Denise Williams

##### **M<sup>3</sup> Trainer and Consultant, Survivor Advocate**

**Creator of the nationally recognized *My Life My Choice* program**

I became a victim of child sex trafficking at 11. Early childhood trauma made me an easy target for the trucker willing to pay well for a quick thrill at a port-a-potty. I was too ashamed to tell anyone, so the memory freely stalked me.

I kept trying to outrun the images and thought I'd find relief in the pill a friend offered me at 13. Turned out to be acid. She then plied me with alcohol and weed before her 28-year-old brother-in-law drove me to the woods to rape me. My aunt, who was raising me, branded me "fast and nasty" when the excruciating pain from two sexually-transmitted diseases forced me to seek help. She put me on a train to the mother I'd never known.

I kept wondering if someone could make me feel a little better because I hurt so badly - physically and emotionally. Instead, more emotional and sexual abuse waited at the other end of that train ride. That's when I hit the streets looking for someone who cared. Didn't take long for a pimp to find me. Later, I became Derek's longtime victim and bottom, recruiting and controlling other victims.

My heart's desire is to help people understand the perfect storm early childhood trauma creates for a trafficker. I also unravel the path from victim to victimizer through trainings and consultations. Dr. Graves and I are writing a book weaving my story with tools to take the power from traffickers and put it back in the hands of our vulnerable children.

#### Derek Williams

##### **M<sup>3</sup> Trainer and Consultant**

**Former 32-year Trafficker**

The streets became my father at 13 when I learned the abusive man I thought was my biological father wasn't. My birth father lay a few miles away in a rehab facility, dashing any hopes I had of escaping my traumatic childhood. My identity shattered, I went in search of a new role model. The pimps, drug addicts, and other criminals who roamed the streets of my inner-city Boston neighborhood were more than happy to take me under their wing. By 16, I had a three-bag-a-day heroin addiction I desperately searched for ways to feed. My friends and I often went to the prostitution track to rob sex buyers. It caught my attention that the only ones I saw get arrested were the girls, so I hatched a plan to take my 14-year-old girlfriend to the track so that I could avoid jail.

That was the beginning of a 32-year career as a trafficker that took me to all 50 states, Canada, and Europe.

I left the game more than 13 years ago after a life-changing experience. I take ownership of the predator I was without any excuses. I now dedicate my life to not only preventing victims of people like I was **but to keeping our youth from becoming who I was**. I don't take that lightly. I went through two years of counseling and a lengthy grieving process to heal myself first.

I do trainings and consultations about the psychological warfare traffickers wage against our children, and I help youth understand the tricks, traps, and lures traffickers set for them. Dr. Graves and I also wrote a book that weaves my life story with evidence-based research, brain science, and her experience working with trafficked youth. Our goal is to give you a one-of-a-kind tool that takes the power from the streets and puts it in your hands.

**Gary Stanoff** is an MFT who has worked with teens, families, and with trauma for 30 years. Gary taught the Parent Project for 25 years while working for Youth Services of the Vacaville Police Department. Gary currently works with first responders and provides clinical supervision at Restoration Counseling Center in Vacaville.



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**Greg Begin** is a social Worker for Sonoma County Department of Human Services. He has worked with youth and families for the past 40 years. He has worked in Juvenile Hall, valley of the Moon Children's home, ran the Independent living skills program for over 20 years. Greg has worked in nearly every aspect of the child welfare system and is currently a Permanent Placement Social Worker. Greg is also a father, professional storyteller, and was an instructor at Santa Rosa Junior College for over 25 years

**Guadalupe Aguayo**, of Aldea Children and Family Services, is a Chicana and first-generation college graduate, receiving her Bachelor of Arts in Psychology from the University of California, Davis. Guadalupe's lived experience with intergenerational trauma, adverse childhood experiences, and the process of healing fuels her passion to improve trauma-informed care delivery of services to at-risk youth. Guadalupe works in the non-profit sector of behavioral health services and foster care and also volunteers as a Program Coach for the Mariposa empowerment program in Napa County, mentoring Latine youth.

**Julie Burns, LCSW, PPSC**, is the Chief Program Officer at Aldea, the largest foster care provider in Solano County, where she provides leadership to and oversight of the behavioral health and social services programs. Julie is also an Adjunct Professor at American River College where she teaches at the Public Safety Training Center, and she provides trainings throughout the community in her areas of expertise: crisis intervention, communication, trauma informed care, working with adolescents, and suicide prevention. Her experience includes working in adult and juvenile detention settings as a mental health and substance use treatment provider, in non-profit management, group home settings, and as a Probation Manager. She is a mental health advocate, whose own experiences as a young adult guided her to pursue a profession of supporting others to experience hope, healing, and wellness in their lives.

**Maria Padilla** is currently the Director of Recruitment and Training Services with Alternative Family and for the past 26 years has held various management positions through her career in social services. She has over 30 years of experience in resource family recruitment and training. She is well versed in Community Care Licensing Regulations and COA Accreditation Standards. She understands the challenges that arise in the world of a caregiver because of her experience as a resource parent. She has committed herself to educating, mentoring, advocating and working with resource parents, foster youth and their families throughout Northern California and plans on continuing on this path throughout the rest of her career.

**Nola Brantley Speaks** provides trauma-focused, and resiliency-based training on trauma and commercial sexual exploitation for providers in the social service field. Nola Brantley speaks utilizes a survivor-clinician training model, which provides participants with the theoretical foundation of concepts along with real life examples. The trainings are designed in a way to provide participants with the knowledge and skills to empower youth and families.

**Rick Delaney Ph.D.** is a clinical psychologist who has worked with foster, kinship and adoptive parents and their children for forty years. He is a huge fan of those who care for children, and he is a big believer in the "healing power of foster parents". A co-founder of FosterParentCollege, he has helped to develop many online courses for parents. Dr. Delaney feels privileged to be a frequent workshop presenter (by way of Zoom) for parents in Solano County

**Rita A. Williams-Washington, Ph. Ed.**, currently a Program Director II at Alternative Family Services. She earned her master's degree in Social Work, with an emphasis in Program Operations from San Francisco State University in 1991. In 2012 Dr. Williams-Washington went on to earn her doctorate in Educational Leadership at Sacramento State University. Dr. Washington has a passion for working with the teenage population. She has published articles on Successful Foster Youth and is the author of "Contributing Factors to Successful Emancipated Foster Youth"  
Dr. Washington has over 30 years of professional experience in the field of Social Services with emphasis in Program Development and Operations. Her motivation is a result of parents providing a home for many foster and neighborhood children over the years. This has inspired her to work in the capacity of making a difference in the lives of people and allowing them to make a difference in her life. In addition, her passion has led her to develop methods to support Staff, Resource Parents, and Youth to be successful. Her motivation continues to come from successful stories of, reunification, adoption, and youth successfully becoming independent.

**Rolf Van Leeuwen, MSW** has worked as a social worker in foster care and adoption for 30+ years. During this time, he has been a caseworker for 18 years, a program director, a regional director at an adoption agency, and is now the Director of Adoptions at Alternative Family Services. Rolf is currently conducting trauma informed parenting trainings around Northern California and across the country about the effects of trauma on children and the parents and professionals who care for them. Rolf's REAL education began 27 years ago after he and his wife became foster parents for a little, 10-year-old girl. His eyes were opened to what it actually felt like to parent a traumatized child—it was very humbling! Rolf and his wife were eventually able to adopt their foster daughter, Jennifer, when she was 15. He still regards this as one of the happiest moments of his life—and one of the most difficult journeys!  
He is very passionate about the OZ! Training because he has seen that when parents understand that all "misbehavior is a symptom of something deeper", they are able to respond to the behavior in a patient and loving manner.



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**Tracy Jackson,**  
 Founder and CEO of HR E-Z, Inc. is a highly engaging human resources leader, executive, and speaker. With over 20 years of business experience, and more than 15 years as an executive, she has extensive knowledge building and overseeing top-performing HR departments and teams working in the public, private and employee-owned companies across a variety of industries.

She is a graduate of San Diego State University, and has achieved the designations of Senior Professional in HR (SPHR) and Senior Certified Professional from Society of Human Resources Management (SHRM-SCP).

Tracy is also a tireless advocate for foster youth, and other issues that impact children, women, people of color and other underrepresented groups. She is a member of the Board of Directors for Snowline Hospice and Bridge to the Future—Rites of Passage, and on the Advisory Group for Pride Industries, Inclusive Talent Solutions. She is also a member of the Leadership Council for the United Way's Women United, where she was recently named Member of the Year in the greater Sacramento area in December 2020. Tracy has spoken at numerous conferences, seminars and workshop and has been interviewed on various podcasts. She's been married for almost 25 years and has three daughters.



### Trudy Emanuelson-Scampini MA, AMFT

was a Resource Parent for 16 years, is an adoptive parent and has worked within the Child Welfare system as a Social Worker and Social Work supervisor for the past 23 years. Trudy has been teaching classes for FKCE for more than 20 years presenting a variety of tiling including the Resource Family Approval Training. Trudy is certified in Triple P Positive Parenting, Wisdom Pathways Reparative Parenting and the Safe And Sound Protocol (Integrative Listening Systems).



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