



Connecting RESEARCH TO 2018 Michigan Home Visiting Conference



6th Annual
MICHIGAN HOME VISITING CONFERENCE
AUG. 1-2, 2018
Pre-Conference Model Day - July 31, 2018
The Lansing Center • Lansing, Michigan
events.mphi.org



CONFERENCE INFORMATION

Coordinated by the Michigan Home Visiting Initiative.





ABOUT THE 2018 MICHIGAN

Home Visiting Conference

The 2018 Michigan Home Visiting Conference is a conference for home visitors, administrators, supervisors, and parent leaders in Michigan's Home Visiting programs. This year's conference is designed to increase the knowledge and skill sets of those who are associated with in-home family support programs, resulting in positive community and family outcomes. The conference goal is to enhance the capability and knowledge of home visiting professionals by translating current research and family support theory into direct practice strategies that have immediate use and value to the professional. Additionally, the conference is an opportunity to provide reflection, connection, and self-care for home visiting professionals.

The 2018 Michigan Home Visiting Conference theme is *Connecting Research to Life*. A pre-conference for models will occur the day before the main conference. The conference will be held over two full days.

KEYNOTE SPEAKERS



David Willis, MD

Opening Keynote Speaker

Dr. Willis is currently the Executive Director of the Perigee Fund, a new Seattle-based philanthropy focused on the promotion of early relational health and the strengthening of the social and emotional development of all babies and toddlers.

A Developmental-Behavioral pediatrician, Dr. Willis was a clinician in Oregon for more than 30 years with a practice focused on early childhood development and family therapy. Most recently, he served as director of the Division of Home Visiting and Early Childhood Services at the U.S. Health Resources and Services Administration (HRSA) Maternal Child Health Bureau.



Jon Korfmacher, PhD

General Session Speaker

Dr. Korfmacher is recognized as a leading researcher on early childhood home visiting programs, having studied extensively these preventive interventions in both the United States and abroad. As the principal investigator for Erikson's Birth to 3

Prevention Initiative Program Monitoring initiative, a collaboration with the Illinois State Board of Education, he studies programs that provide in-home parenting support and links to community services for at-risk families in order to improve young children's health and well-being. His work is focused on understanding why families can have such different experiences in these programs and what kinds of support can improve their effectiveness.



Matt Johnson

Closing Keynote Speaker

Matt Johnson specializes in unlocking high performance, driving engagement, and empowering leaders by radically increasing their capacity. The world is changing faster and faster. Disruptive technologies emerge

daily. Organizations are under pressure to do more with less. Stress is on the rise. Burnout, low engagement, and fragmented focus jeopardize an organizations' ability to win. Top performance expert Matt Johnson has cracked the code. What if you could beat the clock and increase capacity by 6, 9, or even 11 hours per week? Imagine the impact if people had more capacity to perform, lead, and grow.

General INFORMATION

CONFERENCE & HOST HOTEL

Lansing Center
333 E. Michigan Avenue
Lansing, MI 48933
(517) 483-7400
www.lansingcenter.com

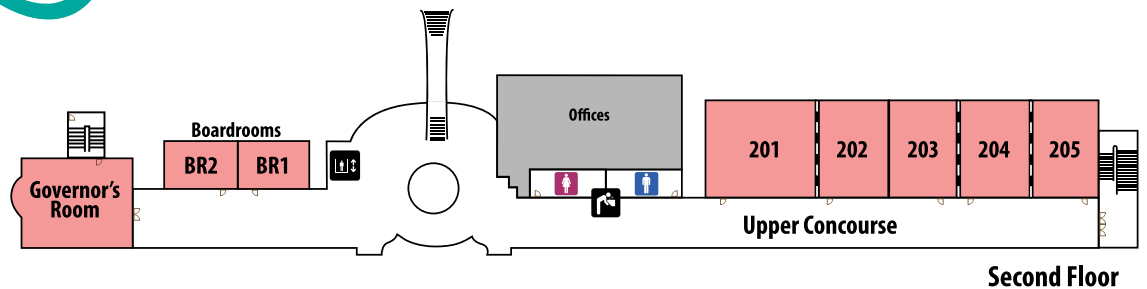
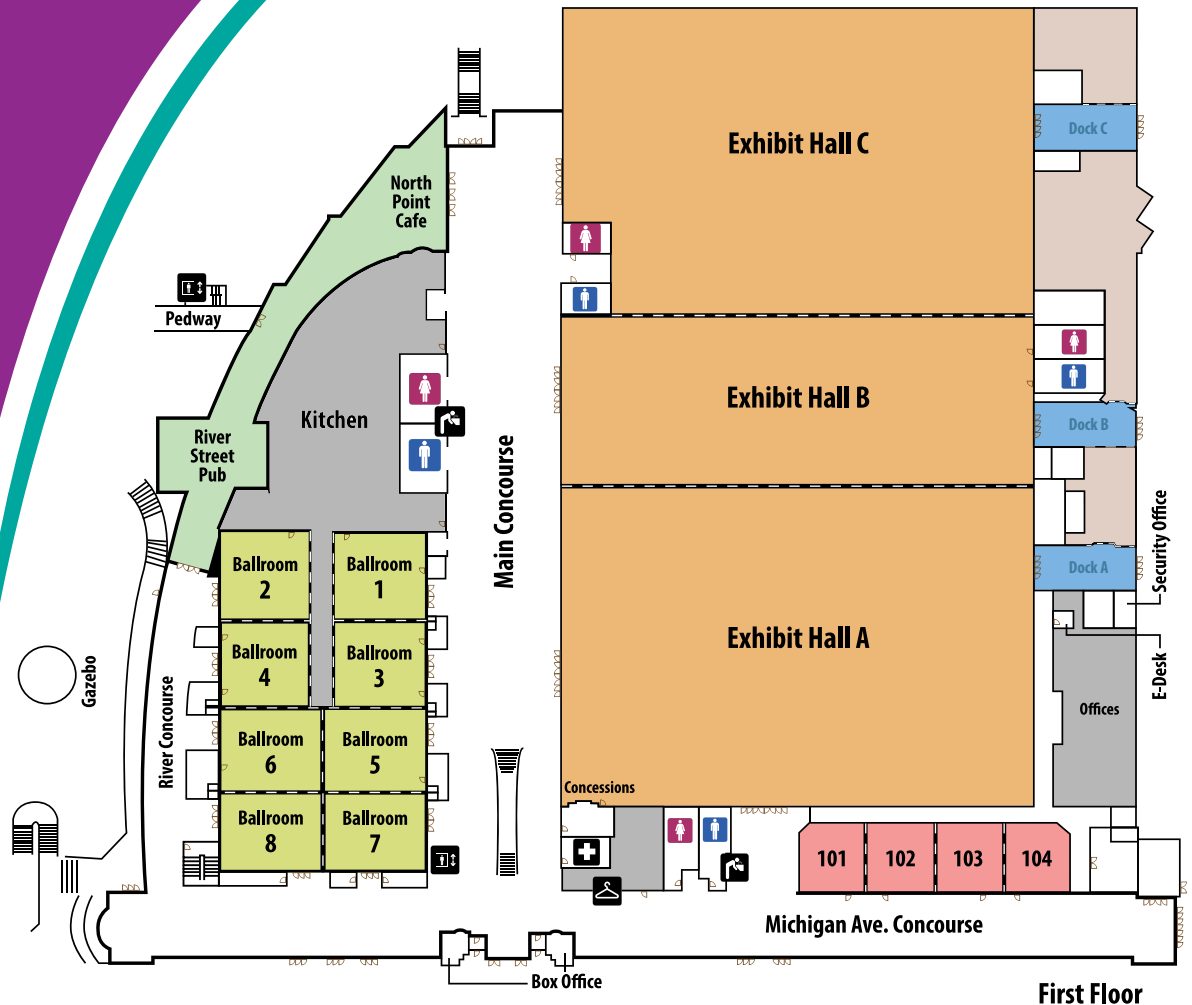
CONFERENCE FEES

Standard Fee: \$75
Ends June 29, 2018

One-Day Fee: \$25
Ends June 29, 2018

IMPORTANT INFORMATION:

- Infants under 6 months and in mother's arms are welcome. For safety and space concerns, please, no strollers.
- For your convenience, a breastfeeding suite will be available to participants for the duration of the conference.
- Participants are responsible for their own lodging arrangements and payment.
- A majority of the workshop presentations can be used towards in-service training requirements for the Michigan Association for Infant Mental Health (MI-AIMH) Endorsement®. While attendance at this Conference will count towards an Endorsement® application or renewal, it may not fully satisfy a knowledge/skill area.
- Conference mobile app will be available May 20, 2018.



Parking

INFORMATION

To ensure your visit to Lansing for the 2018 Michigan Home Visiting Conference is outstanding, please find available parking at the marked locations below. Directional signs will be nearby, and any parking assistant wearing a neon yellow vest can answer questions.




A **Lansing Center**
333 E. Michigan Ave.
Lansing, MI 48933
Cash or credit.

B **North Grand Ramp**
219 N. Grand Ave.
Lansing, MI 48933
Cash or credit.

C **North Capitol Ramp**
320 N. Capitol Ave.
Lansing, MI 48933
Cash or credit.

D **North Capitol Ramp**
320 N. Capitol Ave.
Lansing, MI 48933
Cash only.

A **College Bike Shop**
340 N. Larch St.
Lansing, MI 48912
Cash only.

-  **Public Lots**
-  **Private Lots**
-  **5 min. walk**



AGENDA

Model Day

Pre-Conference
July 31, 2018

Continuing Education opportunities will be available. Please visit events.mphi.org for more information.

Model Day Sessions 1:00 p.m. – 5:00 p.m.

Early Head Start - *Patty Marickovich*

This interactive session highlights ways to utilize supports when implementing the Early Head Start and Head Start Home-based program option. Together, we will examine resources and materials that home visitors and their supervisors can access from the Early Childhood Learning and Knowledge Center (ECLKC). For example, we will look at what defines research-based home-based curricula and what this means when supporting their efficacy in home-based settings. Unlike center-based curricula, they are focused on the child's parent as his or her teacher, rather than being focused on the child. In addition, participants will explore how to use reflective practices to ensure that home visitors receive the support they need to establish and maintain a positive climate in their settings and offer appropriate responses when working with families. Participants will have the opportunity to consider the benefits of using social media such as MyPeers and will learn how to engage in this useful and vibrant on-line community for Early Childhood Professionals, including what is available via the MyPeers' Home-based Community.

Family Spirit - *Emily Haroz*

The Family Spirit program at Johns Hopkins Center for American Indian Health is working with affiliate partners to better understand and design a highly-adaptive and scalable intervention to aid home visitors in tailoring content to meet families' specific needs and continuously monitor clients' emergent issues or improvements. The goal is to ensure that home-visiting education remains responsive, relevant and feasible. This session will focus on how affiliate programs are becoming more tailored to families' needs, and how to help standardize this across home visitors. We will also discuss how to best evaluate these precision approaches using implementation science methods.

Healthy Families America (HFA) in Michigan

- *Kathleen Strader*

Michigan's Healthy Families America network has grown immensely in the last five years and has experienced great successes along the way. This session will provide an opportunity for attendees to hear how their work compares with others around the country. Additional opportunity will be given for attendees to share lessons learned from their own experiences in implementing the model and hear what has worked for others in the state.

Healthy Start - *Kenn Harris*

Those in attendance should currently be working in a role that is directly involved in implementing the Healthy Start Model.

Maternal Infant Health Program - *Randy Estes*

This workshop will be an interactive demonstration of Motivational Interviewing (MI) applied to home visiting scenarios. It is designed to address specific communication challenges and concerns participants face in the course of their service delivery.

Infant Mental Health

- *Mary Ludtke; Kate Rosenblum*

Infant Mental Health - Home Visiting (IMH-HV) is a primary Medicaid-supported intervention model for community mental health service providers working with pregnant women, infants, toddlers and their families across Michigan. This model session will provide in-depth exposure to the key components of IMH-HV, with opportunities for observation and practice. We will have 2 primary focus areas. The first will be a review of the core components of the IMH-HV model, along with an introduction to the fidelity checklist. The fidelity tool is designed to support the provider in delivering the model as designed in order to achieve the best possible outcomes for infants/toddlers and their families. The second focus will be on Infant Parent Psychotherapy (IPP), one of the core components of the IMH model that has been shown to play a role in achieving positive social-emotional, mental health, parenting and relational and developmental outcomes for infants/toddlers and families. Participants will be engaged in active hands-on learning through use of video and practice with the fidelity tool.

Nurse Family Partnership - *Sara Lynch*

An update to the Michigan Nurse-Family Partnership (NFP) nurses on Model-related topics of interest which includes supporting client engagement, therapeutic relationships, and using the NFP Strengths and Risks Framework to support nursing practice

Parents As Teachers - *Christy Roberts*

This session is available for PAT affiliates implementing the Parents as Teachers evidence-based home visiting model. Please join us for this incredible opportunity to network with each other and discuss implementation obstacles and opportunities. Receive concrete technical assistance to support model fidelity as you implement Parents as Teachers in your community.

AGENDA

Day 1

Full Conference
August 1, 2018

Continuing Education opportunities will be available. Please visit events.mphi.org for more information.

Day 1 Registration & Breakfast

7:30 a.m. – 9:15 a.m.

Opening Keynote

9:15 a.m. – 10:30 a.m.

Advancing Relational Health for All: Expanded Home Visiting, Child Health Transformation and EC System Building - *David Willis*

Early dyadic experiences between primary caregivers and infants are foundational for building physical, developmental and mental wellbeing. Early relational health has become a new, unifying, and transformative concept for clinical practice, research and early childhood system building. As evidence-based home visiting is an exemplar of a two generational approach and defined by its focus on strengthening the parent-child relationship, our growing field of home visiting is in the unique position of being one of the most important levers to advance the promotion of early relational health and strengthen families. As our communities, states and nation expand their commitment to home visiting there are growing efforts to advance the field and build a continuum of home visiting services within the context of an integrated, coordinated and efficient early childhood systems. In addition to the strengthen of Michigan's home visiting program, other state efforts bring breakthrough maternal and child health system transformations with new models of collocating and integrating mental health, developmental health and parenting promotion. From key learnings of other states and communities with similar goals, we acquire a sense of the maternal and child health and EC system of the future. This keynote will bring forward a vision of the future of home visiting, early childhood systems, place-based community efforts all focused on advancing early relational health, equity, social emotional wellbeing, and interventions for those in need, and as realized, offers the opportunity for improved health, education and social wellbeing for future generations of our nation's children.

Break & Visit Exhibitors

10:30 a.m. – 10:50 a.m.

100 – Workshops

10:50 a.m. – 12:05 p.m.

101 Literacy in the Lives of Infants and Toddlers

- *Noel Kelty*

What does literacy for infants and toddlers look like? What are some developmentally appropriate strategies for developing language and literacy for young children with their families? We will discuss these topics along with a dive into the newest early literacy resources and supports available to support your youngest learners.

102 Informal Assessment: Learning from the Environment and the Importance of Self-Regulation While in the Home - *Claire Robinson; Stephani McIssac*

Home visiting presents a rich opportunity for informal assessment and to gather information about our clients and their experiences. We aim to deepen observation skills by looking at specific examples and using mindfulness to help expand our understanding of the family. We will also examine our experiences and how to use ourselves as a tool. We will then discuss how to integrate these observations into practice with our families and how to then understand the experiences of children in the home. We will discuss how the environment can impact a child's functioning, including behavior, development, and regulation. Lastly, sometimes service providers enter homes that can be challenging due to overwhelming sensory experiences. We will address these challenges and develop skills to self-regulate during visits with an emphasis on the importance of being able to access these skills in the moment in order to provide quality services for our families.

103 Substance Use and Breastfeeding - *Marji Cyrul*

This presentation will equip providers with information they will need to support new mothers struggling with a substance abuse disorder. The benefits of breastfeeding to substance misuse dyads will be discussed. Feeding recommendations will be given if a mother is smoking, drinking alcohol, using marijuana, opioids or in treatment for opioid addiction. Difficulties and solutions in feeding infants with NAS will be discussed. If a mother is unable to nurse her infant, alternative soothing and bonding options will be provided.

104 - Working with Parents to Cultivate Inner Strength

- *Effie Alofoje-Carr; Gillian Gines; Monica Gaines; Anthony Queen*

This session will assist home visitors to cultivate inner strength through stimulating personal growth and development in the parents you work with.

105 - Maternal Depression: Considerations for Home Visiting Practitioners - *Maria Muzik*

This session will discuss symptoms and diagnoses of perinatal mood disorders and the consequences to mom and baby if untreated or unrecognized. Strategies to screen for perinatal mental health conditions in a home visiting context, including how to assess risk will be discussed.

106 - Creating and Implementing Your Individual Wellness Wheel - *Dana Watson; Jonathan Lawrence*

Individual health is a personal journey. This workshop will explain the concepts of the wellness wheel. The wellness wheel serves as a visual of the seven aspects of our lives that make up overall health. Participants will be challenged to think about and implement change and shifts in their wellness wheel. This session will provide background information on the impact on our lives when we do not address health. Also, WHY we do not address important health changes will be discussed. The session will incorporate actual components from the wheel such as mindfulness meditation (spiritual aspect) and chair movement (physical aspect).

107 - Tobacco and Home Visiting: Clearing the Smoke - *Patricia Heiler*

Participants in this session will learn specific strategies, tools, and resources to talk about tobacco use and cessation with parents and caregivers, and supports they can provide to help them quit.

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Day 1

Full Conference
August 1, 2018

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Lunch

12:05 p.m. – 1:15 p.m.

Pre-General Session

1:15 p.m. – 1:30 p.m.

Advocacy and Policy Update - Amy Zaagman

Ms. Zaagman will be providing a brief update on advocacy for a robust home visiting system in Michigan and policies that effect home visiting.

General Session

1:30 p.m. – 2:45 p.m.

Precision Home Visiting: New Directions for Research and Evaluation - Jon Korfmacher

While evidence on the effectiveness of home visiting overall exists, the effects on average are seen as modest and often do not provide information on what works best for which families. Precision home visiting aims to improve the efficiency and effectiveness of home visiting programs to tailor programs and service provision to different groups of families. This talk will provide an introduction to new concepts and research methods with the aim of moving toward precision home visiting. It will focus on how concepts from precision home visiting apply to innovative work that emerges from researcher-program partnerships. Home visiting staff has the "on the ground" knowledge of what strategies may be most effective as well as of the challenges implementing these strategies. Researchers bring methods and measures that can allow for systematic piloting and testing of these strategies in order to best understand under what conditions they best operate. These partnerships provide an opportunity to identify and rapidly test "active ingredients" of home visiting practice so that results can be fed back to programs and used to improve services.

Break & Visit Exhibitors

2:45 p.m. – 3:15 p.m.

200 – Workshops

3:15 p.m. – 4:20 p.m.

201 - Supporting Dual-Language Learners from Birth and Beyond! - Noel Kelty; Kelly Alvarez

Dual-Language Learners (DLL) are children learning two or more languages at the same time, as well as those learning a second language while continuing to develop their first (or home) language. How do we support dual-language learners and their families through home-visiting services? This session will explore the research on the importance of all young children developing their home or families language to the best of their abilities while providing materials that support professionals and families with concrete strategies and supports.

202 - The Michigan Home Visiting System: Where We've Been and Where We are Going - Renee DeMars Johnson, Amy Zaagman; Dawn Shanafelt; Tiffany Kostelec; Mary Ludtke; Mike Foley

The Michigan Home Visiting System has grown significantly in the last 6 years. Participants are invited to come learn how the home visiting system has changed, what current priorities are being addressed, and where we see Michigan's home visiting system heading in the future. Speakers will represent the Michigan Department of Health and Human Services, the Michigan Department of Education, the Children's Trust Fund, and the Michigan Council for Maternal and Child Health. Participants will have time to share their thoughts on where they think the system should head and what is working, as well as what could be improved.

203 - Substance Use and Mental Health in Perinatal: Considerations for Home Visiting Practitioners

- Maria Muzik

This session will discuss the interplay of trauma, substance use and mental illness in the perinatal period and the consequences to mom and baby if untreated. Especially, we will focus on impact of untreated substance use in pregnancy on neonatal abstinence syndrome. Current state of the art treatment modalities will be discussed.

204 - Inspiring New Families, Creating New Stories

- Tana Martin; Jessica Tison; Christine Mahl; Jona Kean; Mia Halthon Jones; Stacey Young; Antanea Robinson; Amanda Brousseau

This session spotlights new families who will share their stories from a lived experience perspective of receiving home visiting services. The session will focus on Engagement, Education, and Empowerment.



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Day 1

Full Conference
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200 – Workshops (continued)
3:15 p.m. – 4:20 p.m.

205 - Tuning in to Teens: Early Head Start's Relationship-Based Approach for the Well-Being of Young Parents
- *Patty Marickovich*

Early Head Start (EHS) provides intensive and comprehensive services that promote parental health and well-being as the cornerstone to their child's successful early development. In this interactive session, the presenter will cover the components of the EHS home-based program and home visiting strategies to use when working jointly with teen parents, infants and toddlers. In this session, you will learn how the relationship-based approach can support adolescent development, reduce teen parents' isolation, and foster parenting skills and family economic mobility. This session will feature ways that home visiting strategies can buffer young parents' stress and build on resilience for adolescents living in these circumstances. As home visitors focus on the partnership building that develops between staff and young parents, there are many wonderful opportunities to decrease family adverse experiences by strengthening parent-child relationships and overall family well-being.

206 - Meditation: The New Black - *Cynthia Zagar*

Dip your toe in the water with this rejuvenating session designed to present opportunity to actually practice a guided meditation and share ideas about how to make use of the tool in your professional practice with families. The 2017 special edition of Time Magazine identifies multiple proven ways meditation changes the body including: increased good mood, drop in blood pressure, diminished pain, decreased swelling and improved digestion. There are numerous studies that suggest that meditation will be something we all practice in the future. This session will introduce you to the scientific outcomes of regularly practicing meditation, provide a guided meditation experience and an opportunity to share ideas about how to use the concept and practice of meditation with families. The session is particularly designed for those who feel "It's not my thing; my mind is always racing." Come hear about how you can have it both ways and how meditation may actually improve your thinking overall.

207 - Educating and Supporting Clients, Family Planning Decisions - *Michele Maloff; Sue Martinez; Angela Varela; Katie Smedley; Tamara Gordon; Marybeth Reader; Leanora Gray*

Nearly half of all pregnancies in the U.S. are unintended with the highest rates among low income women between the ages of 18 – 24 (75%). In addition to the burdens mothers encounter, their children are also affected throughout their life course, they are more likely to be born premature and live in poverty. To break the generational cycle of poverty, it is important for home visitors to support and assist their clients in selecting and obtaining highly effective methods of birth control. This presentation will build the capacity of home visitors in providing factual, culturally sensitive information about birth control to their clients. Home visitors will learn how to assemble a family planning tool kit and use motivational interviewing techniques to support clients with this challenging issue of preventing unintended pregnancies.



AGENDA

Day 2

Full Conference
August 2, 2018

Registration

7:30 a.m. – 8:00 a.m.

Breakfast & Opening Keynote

8:00 a.m. - 9:00 a.m.

Our Vision: Zero Preventable Deaths. ZERO Health Disparities - *Lynette Biery*

This presentation will focus on bringing together stakeholders to improve the health of mothers and infants in Michigan. We will have presentations from several evidence-based home visiting programs who will discuss how they will utilize the MIHIP within the scope of their work. Participants will also receive information regarding our regional town hall meetings and next year's Maternal Infant Health Summit. This is a great opportunity to lend your voice and ensure that we have a successful MIHIP.

Break & Visit Exhibitors

9:00 a.m. – 9:20 a.m.

300 - Workshops

9:20 a.m. – 11:20 a.m.

301 - Building Resilience in Families, Practitioners and Programs through NEAR Science

- *Mary Ludtke; Mary Mueller*

The science of trauma, toxic stress and adverse childhood experiences (ACEs) provides us with a paradigm for understanding the source of many health, mental health and social problems and their intergenerational impacts. The science of resilience provides us with tools and strategies for investing in resilience in our families, programs, and organizations. This workshop is designed for supervisors and administrators who will learn to apply NEAR science (neuroscience, epigenetics, ACEs and resilience) and the concept of building core capabilities to foster resilient home visitors, programs and organizations and to improve intergenerational well-being.

302 - No Time – Low Morale: Tools for Addressing Your Biggest Leadership Challenges

- *Kerenda Applebey*

What is your biggest Leadership Challenge? Is it not having enough time? How about a struggle you are having with either a specific employee or your whole team (low morale, not getting along with each other, getting them to buy-in to a new procedure, etc.)? If you answered yes to either of these questions – this is the workshop for you! You will walk out knowing you're not alone, with tools you can implement right away, and inspired and empowered to do what needs to be done.

303 - Using NEAR@Home

- *Carlene Przykucki; Meg Nisbet*

This presentation will introduce the new science of NEAR -- Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs), and Resilience as well as a home visiting process, NEAR@Home. Since publication of findings from the original Adverse Childhood Experiences (ACE) Study, research has continued and resulted in compelling evidence that by focusing on a cluster of interrelated issues that impact families, children, and communities, we can improve population level well-being (ACE Interface). Participants at all levels and in all roles of home visiting practice who attend this session will receive an overview of NEAR science sufficient to increase their understanding of behaviors and parenting practices they may see in the parents they serve. The introduction to NEAR@Home and review of the NEAR@Home Toolkit will provide useful information, spark their interest, and encourage them to propose and promote this process in their home visiting programs. According to NEAR@Home, home visiting is relationship-based and occurs within each family's comfort zone, so home visitors have the opportunity to ask, listen, and affirm. Over time, home visitors can see the unique history and gifts of each parent, while helping the parent navigate the journey of building resilience and giving the biggest gift to a child: low ACEs and low risk for a lifetime.

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Day 2

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300 - Workshops (continued) 9:20 a.m. – 11:20 a.m.

304 - Overview of Immigrants and Refugees - Wisam Brikho; Sonia Acosta

This session will discuss the history, trends, issues, needs, services, and opportunities for refugees in Michigan. The traumatic effects of war, violence, torture or crime may have profound effects on the children, youth and their families.

305 - In Home Visiting Safety - Carrie Conrad

Have a plan you plan to use! Create a strategic process for staying safe while making in home visits. Focus on preparation and prevention. Become skilled at assessing clients and their situations for potential concerns. Be prepared with preplanning. Address environmental awareness and learn to recognize and avoid potentially dangerous situations or people. Discuss de-escalation techniques and exit strategies. Practice verbal self defense skills. Decide personal boundaries and appropriate tools for self defense. By the end of the session, every participant will have an understanding of where they have control of their own safety during their home visits.

306 - The Essential Component of Attachment: Object Constancy - Phillip Hamberg

Real attachment is when the essential love object (usually one of the birth parents), is brought inside of the child's mind, and held there as a mental representation with the ability to soothe and provide protection. This workshop discusses the importance of "putting a safe person on the inside". After we define the term "object constancy" and learn of its extreme importance in development, we will discuss techniques / behaviors that help establish and develop mature object constancy. We will also look at several paradoxes on learning to be alone, saying good bye, and not feeling trapped by difficult relationships. The development of object constancy is a "big deal" in the overall process of healthy development.

Break & Visit Exhibitors 11:20 p.m. – 11:30 a.m.

Lunch 11:30 a.m. – 12:40 p.m.

400 - Workshops 12:40 p.m. – 1:55 p.m.

401 - A Population Level Look at Home Visiting: Findings from Michigan PRAMS - Pete Haak

The Michigan Pregnancy Risk Assessment Monitoring System (PRAMS) is an ongoing population based survey of mothers. PRAMS asks women to share information about their lives before pregnancy, during pregnancy, and in the first few months after the birth of their baby. PRAMS data is designed to be informative for maternal and child health professionals and measures numerous pregnancy experiences and outcomes.

402 - Say Cheese! Using Video Recording to Enhance Reflective Supervision - Susan Haselhoff; Patrick Conley

Reflective Supervision focuses on experiences, thoughts, and feelings that are connected to the work home visitors do with families. How can you as a supervisor help home visitors explore those feelings and experiences in a more meaningful way? Say Cheese- that's how! Join us to learn how to use video recording of home visits to enhance reflections with your staff. We will share recorded examples and have group discussion about the benefits and challenges of using video recording in your program.

403 - Mindfulness Skills: Powerful Tools You Can Teach Clients to Manage Symptoms of Anxiety, Depression and PTSD and Improve Self-Reflective Capacity - Melisa Schuster

There is a growing body of evidence that mind-body skills, (including breathing techniques, relaxation training, guided imagery, mindfulness, and yoga) are effective for preventing and treating stress, depression and anxiety, and symptoms of post-traumatic stress disorder. The clinician's teaching of mind-body skills to a parent can help to reduce distracting mental health symptoms, and help the parent to begin to focus on the feelings and needs of the child, thereby improving the attachment relationship. Participants will gain the knowledge and skills needed to utilize mind-body skills in their work with parents. Participants will have the opportunity to experience mind-body skills, to learn the steps in teaching clients how to use these skills, and to practice teaching these skills to one another.

404 - Parent Engagement: Building a Legacy that Lasts! - Tommara Grice; Amber Perry; Latesha Lipscomb; Miranda Goodall; Amanda Schoch; Anne Flynn

This session is intended to equip agency providers, administrators, home visitors, and parents with the knowledge and tools to enhance effective parent engagement strategies that boost continued parent involvement. Attendees will leave with a greater understanding of the role of Legacy Parents in their communities and the value of extended parent representation and utilization in programming.

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Continuing Education opportunities will be available. Please visit events.mphi.org for more information.

400 - Workshops (continued)
12:40 p.m. – 1:55 p.m.

405 - Building Relationships Help to Boosting Young Brains - *Rose Pardiac*

This session will discuss building relationships with parents and encouraging them to use what they know in order to strengthen their child's learning and make connections in the brain to support communication and social skills. Supporting parents in their understanding of how having a strong parent-child relationship helps to foster a child's healthy development. Encouraging families to use what materials they already own to strengthen their child's learning.

406 - "Anything is Possible, one Stroke at a Time™": Using the Zentangle Method® to foster wellness, mindfulness and self-care - *Samantha Wunderlich*

The Zentangle Method® is an easy to learn, relaxing process of drawing beautiful images through repetitive patterns. Sometimes called "yoga for the brain," the Zentangle Method is an approachable, and portable, creative outlet for all populations, settings, and skill levels. In this session we will walk through a beginning Zentangle lesson, and discuss specific ways to use Zentangle to achieve mindfulness and self-care. We will present current research on the benefits of mindfulness and creativity, and discuss ways to personalize Zentangle to achieve one's wellness goals, especially for the on-the-go practitioner. This session is perfect for the creative beginner and seasoned artist alike, all that is required is a belief anything is possible, one stroke at a time™.

407 - Infant Safe Sleep: Helping Families Practice Safe Sleep - *Patricia Kelly; Colleen Nelson*

In this session, you will learn how to help families follow the infant safe sleep guidelines and explore and address potential challenges families experience with following them. You will learn the benefits of a "partnership of experts" conversational approach, how to incorporate motivational interviewing techniques in discussions with families around safe sleep, and redefine what constitutes "success" in working with families around safe sleep. Note: Individuals attending this training session should be knowledgeable of the American Academy of Pediatrics (AAP) recommendations for a safe infant sleeping environment.

Break & Visit Exhibitors
1:55 p.m. – 2:15 p.m.

Closing Keynote
2:15 p.m. – 3:15 p.m.

Capacity: Creating Laser Focus, Boundless Energy, and An Unstoppable Drive - *Matt Johnson*

Your world is moving faster and faster. Disruptive new technologies are emerging daily and yet, you are under pressure to do more with less. As stress in the workplace continues to rise; low energy and fragmented focus are jeopardizing the ability to perform. Outdated performance models promise results but fail to deliver real change. Internationally-recognized performance expert Matt Johnson has cracked the code. What if you could beat the clock and expand your capacity by 4.2 hours per week? Or 11? Imagine the impact if you had more capacity to perform, lead, and grow. In his energizing, humorous, and practical keynote, Matt dispels the myths and barriers limiting performance. He delivers simple, actionable tools to create immediate impact. You will be transformed as you learn the secrets to creating laser focus, boundless energy, and the unstoppable drive to win.



Hotel & Lodging

RESERVATIONS:

Three hotels options are available. Shuttle service to the Lansing Center is available from the Hyatt Place-Lansing/Eastwood Towne Center and the Courtyard by Marriott-Lansing.

Conference attendees and exhibitors are responsible for their own individual room reservations and cost.



**Hyatt Place-Lansing/
Eastwood Towne Center**
2401 Showtime Drive
Lansing, MI 48912
Phone: (517) 679-7600



**Courtyard by
Marriott-Lansing**
2710 Lake Lansing Rd.
Lansing, MI 48912
Phone: (517) 482-0500
Phone: (888) 284-1894



**Fairfield Inn & Suites by
Marriott- Lansing
at Eastwood**
3320 Preyde Blvd.
Lansing, MI 48912
Phone: (517) 374-6500

To see more information on the hotel options, rates, and to make a reservation, click the link below.



Welcome to Greater Lansing

This is Michigan's capital region! Whether you're here for business or pleasure, Greater Lansing, Michigan is a one-of-a-kind setting for a visit to remember! Explore endless dining options. Browse unique boutiques. Celebrate culture and the arts in our world-class performance venues and galleries. Catch Spartan Spirit on the campus of Michigan State University. *Learn more at www.lansing.org.*

