

MENTAL HEALTH INSTITUTE

December 5, 6 & 7, 2018

Hilton Kansas City Airport • 8801 NW 112th St, Kansas City, MO 64153

Sunyoung Ahn, PhD

Dorinda Silver Williams, PhD, LCSW-C, LICSW

Manisha Tare, OTR, MPH, RYT

National Center on Early Childhood Health and Wellness



EVENT TOPICS:

- **Helping Parents and Caregivers Understand, Prevent, and Respond to Infant, Toddler, and Young Children's Challenging Behaviors**
- **Trauma, Toxic Stress, and Resilience**
- **Making the Most of Your Mental Health Consultation**
- **Taking Care of Ourselves**
- **Integrating Mindfulness Into Your Early Care and Education**
- **Mental Health Action Planning**

Throughout all training topics, we will discuss and introduce ways to support children, staff and parents. We will include time for action planning across the three days. Systems level considerations (e.g., policies, procedures, implementation steps) will be embedded in the topics as appropriate.

INTENDED AUDIENCE IS MANAGEMENT-LEVEL STAFF



Region VII Head Start Association

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Region VII Head Start Association

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PRESENTER BIOS:



NATIONAL CENTER ON

Early Childhood Health and Wellness

SUNYOUNG AHN, PhD

Sunyoung Ahn, PhD, is a Senior Policy Associate and Assistant Professor at Georgetown University's Center for Child and Human Development. Currently, Dr. Ahn is supporting *Home Visiting-Improvement Action Center Team (HV-ImpACT)* and the *Head Start National Center on Early Childhood Health and Wellness (NCECHW)*. Dr. Ahn's primary roles on these projects include, Technical Assistance and Training, policy analysis on the State and National level, supporting pilot projects, and product development. Dr. Ahn also serves as the Center for Disease Control and Prevention (CDC)'s Act Early Ambassador to Maryland. The Act Early Ambassador program is designed to develop a network of state-level experts who promote developmental monitoring and screening and improve early identification practices.

Dr. Ahn obtained her degrees in Special Education from University of Kansas. Previously, she worked as a professional development facilitator on the school and district levels. She provided technical assistance by developing workshops, training teachers and leaders, and supporting systems change implementations. Dr. Ahn is also a certified CSEFEL (Center on the Social Emotional Foundations of Early Learning) trainer and coach and worked closely with daycare and early childhood professionals. Prior to her current position, Dr. Ahn held a position as an Early Intervention Service Coordinator in Virginia and contributed to State initiatives to build systems' capacity to improve Infant Mental Health and Part C services.

Dr. Ahn is passionate about supporting immigrant families and their children, inclusive practices, systems change, and bridging the research to practice gap. Dr. Ahn is fluent in English and Korean.

Dr. Ahn can be reached at sai1442@georgetown.edu.

DORINDA SILVER WILLIAMS, PhD, LCSW-C, LICSW

Dorinda Williams is a Licensed Clinical Social Worker with a comprehensive background in infant and early childhood mental health, parent-child attachment, reflective practice, home visitation, family stress and trauma, and military social work. Dr. Williams is passionate about promoting secure parent-child attachments, building on family strengths, and fostering resilience in the context of trauma and loss. In her current role as Assistant Professor at Georgetown University's Center for Child and Human Development (GUCCHD), Dr. Williams serves as the Faculty FAN (Facilitating Attuned Interactions) Lead for the integration of reflective practice into DC-MIECHV home visitation.

Prior to her work at GUCCHD, Dr. Williams served as the Director of Military Family Projects at ZERO TO THREE (ZTT). During her tenure at ZTT, Dr. Williams developed print materials, produced audioconferences, authored children's books on sensitive topics, co-developed a parent app, contributed to curricula, provided trauma-informed training and consultation, and spearheaded new initiatives. Through her earlier work as a Family Advocacy Counselor, as well as a home visitor through the New Parent Support Program, Dr. Williams supported families experiencing, or at risk for, domestic violence and other traumatic circumstances.

Dr. Williams is reliable in the NCAST Teaching and Feeding Scales, the Reflective Process Assessment Scales (PRPAS), and the Reflective Interaction Observation Scale (RIOS). She is a founding member and Board Member of the Infant Mental Health Association of Maryland and DC.

Dr. Williams is rostered as a Child Parent Psychotherapy (CPP) therapist and currently provides pro bono CPP services to families and their young children residing in a transitional/supportive housing program.

MANISHA TARE, OTR, MPH, RYT

Manisha Tare brings her background of occupational therapy, public health and experience of being a former Head Start TA provider in the areas of health, disabilities, mental health, and infant toddler development for Regions 2 and II. She worked with the birth to five population with developmental disabilities for over fifteen years in a variety of settings including hospitals, homes, and child care centers. She currently works with adults experiencing anxiety, overwhelm, stress and a history of trauma through trauma sensitive somatic healing practices, meditation and yoga in person and virtually. She holds a BS in Occupational Therapy and a Masters in Public Health.



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December 5, 6 & 7, 2018

WEDNESDAY 12/5

Helping Parents and Caregivers Understand, Prevent, and Respond to Infant, Toddler, and Young Children's Challenging Behaviors

9 AM – 12 PM

When young children have significant challenging behavior they are more likely to experience: peer rejection; punitive contacts with teachers; more conflict in their family interactions; and problems in school. Effectively addressing a child's challenging behavior requires an individualized approach to instruction based on a comprehensive assessment of their environment and behavior. In this session we will explore tools and tips for supporting young children with challenging behavior.

Lunch (provided)

12 PM – 1 PM

Trauma, Toxic Stress, and Resilience

1 PM – 4 PM

A study conducted at the University of Miami found that trauma is prevalent in the lives of EHS/HS children. The study found that 71% of the young children in the study had experienced at least one trauma and many children had experienced more than one trauma. (Head Start Bulletin, 2009, #80). Similarly the ACES study has demonstrated the prevalence of adverse experiences in childhood and the impact of these experiences on adult behaviors. This session will provide information about the impact of trauma on young children and identify strategies to support young children's resilience.

THURSDAY 12/6

Making the Most of Your Mental Health Consultation

9 AM — 12 PM

Infant/early childhood mental health consultation (I/ECMHC) has been identified as an effective strategy for addressing young children's challenging behaviors and for supporting their social/emotional development. The EHS/HS program supports this model through the Head Start Program Performance Standards that require a mental health professional to be on-site to provide mental health consultation. In this session you will learn about: the role of the mental health consultant in early care and education; effective strategies for designing your mental health consultation services; and resources for developing or sustaining an effective mental health consultation system.

Lunch (provided)

12 PM — 1 PM

Taking Care of Ourselves

1 PM — 4 PM

When our own resources are low and our stress level is too high, it's hard to have patience and support for others. This session will help you consider both your own stress levels and how to support wellness for your staff, families and children.

FRIDAY 12/7

Integrating Mindfulness Into Your Early Care and Education

9 AM — 11 AM

Practicing mindfulness provides benefits to both physical and mental health. Benefits of mindfulness include: decreased stress and anxiety, increased attention, improved interpersonal relationships and improved emotional regulation. This interactive workshop will provide simple ways to incorporate mindfulness practices into your daily work teaching and caring for young children. Strategies for parents to use at home with their children will also be provided.

Mental Health Action Planning

11 AM — 12 PM

In this session we will put it all together, and support your effort to create an Action Plan to take back to your program for implementation.