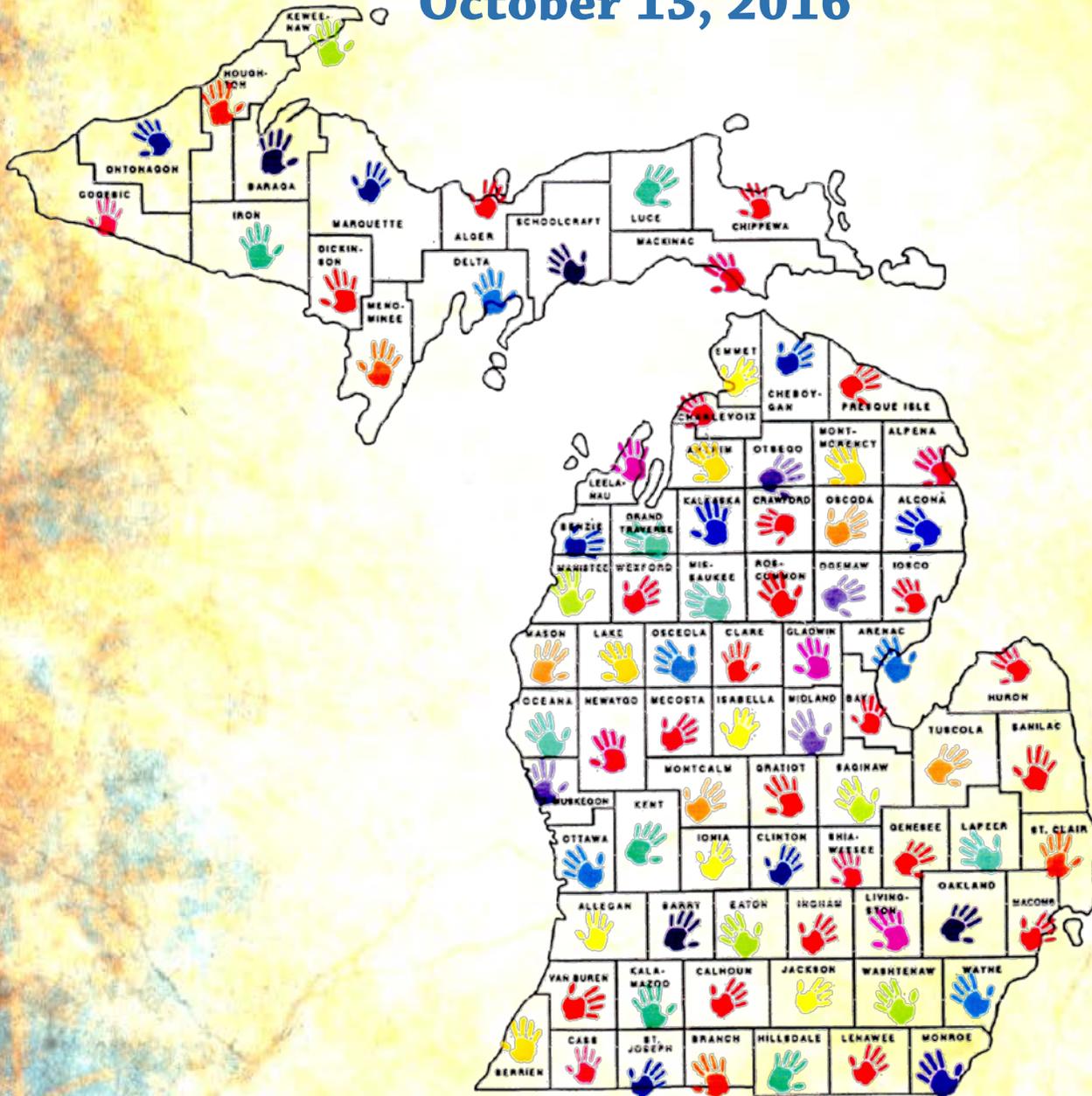


24th Annual Parenting Awareness Michigan Conference Program

October 13, 2016



**Focusing on relevant information and important
issues facing today's parents and families.**

Thursday, October 13, 2016

Holiday Inn of Marquette

CONFERENCE AGENDA

- 8:00 a.m.** **REGISTRATION, EXHIBITS, CONTINENTAL BREAKFAST**
Continuing Education Sign-In (ends at 8:45 a.m.)
- 8:45 a.m.** **WELCOME AND OPENING REMARKS**
- 9:00 a.m.** **KEYNOTE PRESENTATION**
How to speak STRENGTH, Maureen Hollocker
- 10:30 a.m.** **Break**
- 10:45 a.m.** **Session I WORKSHOPS**
1. Building Protective Factors in Families: A Collaborative Approach (Repeat from Session II)
 2. Domestic and Family Violence
 3. The Power of Family Traditions
 4. Nutrition and Physical Activity for Families
- 12:00 noon** **LUNCH AND EXHIBITORS**
- 1:00 p.m.** **Session II WORKSHOPS**
5. Building Protective Factors in Families: A Collaborative Approach (Repeat from Session I)
 6. Tai-Chi: Breathing, Balance a Better Life
 7. Fatherhood Involvement and Engagement
 8. The Responsibilities of Parenting: R U Ready?
- 2:15 p.m.** **Break**
- 2:30 p.m.** **Session III WORKSHOPS**
9. How Media Violence Harms Children and What We Can Do to Protect Them
 10. The Resilience Toolbox
 11. QPR – Suicide Prevention Gatekeeper Training and Youth Suicide Prevention
 12. Creative Collaborations: Rural and Urban Services
- 3:45 p.m.** Closing Session: Planning for Parenting Awareness Month 2017
and Ice Cream Social, Evaluations, Continuing Education, and Door Prizes
- 4:15 p.m.** Conference Adjourns; Continuing Education Sign Out (ends at 4:15 p.m.)

Workshop Descriptions - October 13, 2016, Marquette

Session I 10:45 a.m. – 12:00 noon

1. Building Protective Factors in Families: A Collaborative Approach [All, PF, SB] Learn how a Northern Michigan community is improving outcomes for parents and children using the Strengthening Families Framework. There will be an overview of their “What Makes Your Family Strong?” campaign with easy to use implementation strategies through community collaboration. See how a strength-based approach to working with families can change not only your outlook, but your outcomes! *Maureen Hollocker, Trainer, National Alliance of Children's Trust & Prevention Funds, and Director, Great Start Collaborative, Charlevoix, Emmet, & Northern Antrim Counties*
(Repeat in Session II)

2. Domestic and Family Violence [All, IB] Participants will learn the signs and symptoms of violence, how violence affects the family, causes of violence, and the impact on children and adults. It's not enough to survive but also to thrive. *Harriet Cammock, Author, Advocate Executive Director, The Exodus Foundation*

3. The Power of Family Traditions [All, SB] Family traditions are the "we always" that holds a family together. This interactive and laughter filled workshop will examine what traditions are, types of traditions, and importance of regular family interactions. Participants will be able to apply skills learned to their workplace families as well as their own. *Anne King, M.A., S.P.A.D.A, Education Consultant/Contractor*

4. Nutrition and Physical Activity for Families [All, IB, SB] This workshop will focus on the importance of proper nutrition and physical activity for families. Practical resources will be provided to encourage families to eat better and get moving. The session will be interactive with the incorporation of physical activity and a healthy snack recipe. *Kelly Sager, Regional School Health Coordinator, and Michelle Granger, Nutrition Educator, Marquette-Alger RESA*

Session II 1:00 p.m. – 2:15 p.m.

5. Building Protective Factors in Families: A Collaborative Approach [All, PF, SB]
(Repeat from Session I)

6. Tai-Chi: Breathing, Balance a Better Life [All, SB] [interactive with movement] How do you mindfully keep yourself going? Working with children and families can be very stressful, physically challenging, and spiritually draining. You have to keep yourself in tune to keep up with the demands. Mothers, fathers, teachers, service providers all have special jobs that can drain us. Join us as we look where Tai Chi comes from, how it can benefit each and every one of us, and learn enough movement to want more. *Anita Carter, Certified Tai Chi Instructor, MSU Extension*

7. Fatherhood Involvement and Engagement [All, IB, SB] This interactive presentation is designed to promote and strengthen skills in father engagement. Using current brain research, this session discusses factors which play an important role in male behavior, learning, and communication. Participants will learn strategies to improve father involvement and positive outcomes for children. *Duane Wilson, LMSW, Director of Juvenile Services, Marquette County Juvenile Court, and Pam Jaymes, LBSW, Spectrum Child and Family Services*

8. The Responsibilities of Parenting: R U Ready? [MC, AD, IB] The primary focus of the workshop is teen pregnancy prevention. It is an introduction to the “R U Ready?” teen curriculum, a tool for teachers and other teen leaders to use in conveying important life lessons. “R U Ready?” provides introspective exercises about the many challenges of marriage and parenthood and will help students apply the information to their own lives. The materials provide a strong message for teens about sequencing their life: completing an education, choosing a career, and entering into a healthy and stable long-term relationship before having children. The materials encourage teens to consider the realities of parenthood and encourage them to make choices that improve their chances of academic and personal success. *Ellen Wood, Paternity Establishment Liaison, State of Michigan Office of Child Support*

Session III 2:30 p.m. – 3:45 p.m.

9. How Media Violence Harms Children and What We Can Do to Protect Them [All, IB] Children and adolescents are exposed to excessive and violent entertainment media that negatively impacts their cognitive, social/emotional, and physical health. This presentation covers the research and provides parents and anyone who works with parents with practical strategies based on recommendations from the American Academy of Pediatrics and American Psychological Association. *Kristine Paulsen, Educational Consultant and Director, Take the Challenge Foundation*

10. The Resilience Toolbox [EC, IB, SB] Prolonged or intense stress can have lasting negative impacts in the development of young children. Children with resilience are better able to manage this stress and work towards healthy and successful outcomes. This workshop will help participants gain an understanding of how stress affects children and the importance of developing resilience to combat that stress, including specific strategies for building protective factors. Stocking up your resilience toolbox empowers you to help children learn to manage the stressors in their lives and give them the skills, tools, and know-how to deal with whatever life throws at them. *Kylie Rymanowicz, Extension Educator, MSU Extension*

11. QPR – Suicide Prevention Gatekeeper Training and Youth Suicide Prevention [All, IB, SB] A one-hour QPR (Question Persuade Refer) suicide prevention gatekeeper training will be facilitated. Participants will receive information about youth suicide prevention initiatives in Marquette County and the Upper Peninsula, as well as local state, and national resources. *Sarah Derwin, Health Educator, Marquette County Health Department*

12. Creative Collaborations: Rural and Urban Services [All, SB] This workshop will provide tools for creating and improving collaborations among professionals, parents, and youth served by rural communities and urban specialty services. Included will be telemedicine, tele-mental health, children's special health care services, and health department services. We will address financial, access, and other barriers, and the creation of partnerships to reduce socio-economic and discriminatory barriers for youth, parents, and guardians. *Marcia Bird, LMSW, MSU Center for Bleeding and Clotting Disorders, and Vicki West, LBSW, Iron-Dickinson Health Department, and panel of nurses*

ALL = Parenting issues for any age **EC** = Early childhood focus **MC** = Middle childhood focus
AD = Adolescent focus **IB** = Issue based **SB** = Skill building **PF** = Program focused

