

*Adoptive and Foster Families of Maine, Inc. &
The Kinship Program
Presents
the 16th Annual Spring Conference*



*Maintaining Family
Ties... Today,
Tomorrow,
Forever*

*April 19th & 20th, 2013
Point Lookout
Conference Center
Northport, Maine*

Maintaining Family Ties... Today, Tomorrow, Forever

16th Annual Training Conference Point Lookout Northport, Maine
Hosted by: Adoptive and Foster Families of Maine, Inc. & The Kinship Program

Friday April 19th		Today's conference agenda
7:30-8:30am	Registration	
9:00-9:45am	~ <i>Keynote: What is the Public Health Implications of not Routinely Diagnosing a Fetal Alcohol Spectrum Disorder</i> — Paula Lockhart, MD	
9:45am -11:45am	AM Workshops	
(A 1)	An Introduction to Fetal Alcohol Spectrum Disorders—Paula Lockhart, MD	
(B 1)	Community Conversations: Older Youth in Care & Permanent Family Connections—Part I	
(C 1)	Permanency Review Team Meetings—Susan Reilly	
12:00pm - 1:45pm	Lunch—On-site (with presentations)	
2:00pm– 4:30pm	PM Workshop	
(D 2)	The Heart, Soul & Spirit of the Signs of Safety Approach—Paul Martin, MS, LSW	
(E 2)	Community Conversations: Older Youth in Care & Permanent Family Connections—Part II	
(F 2)	Maine Wabanaki-State Child Welfare Truth and Reconciliation Commission Process—Pentheia Burns & Ester Attaen	
(G 2)	Understanding a Child through a Trauma-Informed Approach—Arabella Perez	
<i>Dinner On Your Own</i>		
Saturday April 20th		Today's conference agenda
8:00-9:00am	Registration	
9:30—12:00pm	AM Workshops	
(H 1)	Engaging Dads/Parents in the Child Welfare Process: Learning to do it Better—Brian Clark	
(I 1)	Working with and Valuing Biological Families Connections—Barbara Ford	
(J 1)	Starting and Maintaining Support Groups—AFFM Staff	
12:00-1:30pm	Lunch—On-site (Silent Auction Winners Announced)	
2:00—4:30pm	PM Workshops	
(K 2)	Fostering Change—Jodi Orton	
(L 2)	If You Don't Write Your Own Story Someone Else Will—Heather Davis	
(M 2)	Adoptive Parenting that Heals and Nurtures Older Traumatized Children—Laurie Couture	

Friday April 19th Morning Workshops 9:45am to 11:45am

Workshop A1: An Introduction to Fetal Alcohol Spectrum Disorders

The first hour of this workshop will be an introduction of Fetal Alcohol Spectrum Disorders as well as a diagnostic criteria and psychiatric co-morbidity of FASD. The second hour will look at the Short and long term management of behavioral and cognitive disability in FASD. At the end of this workshop participants will be able to distinguish between fetal alcohol syndrome, partial fetal alcohol syndrome and alcohol related neurodevelopment disorder. Understand physical and psychological brain changes seen in FASD. Distinguish psychiatric disorders that can be medically treated from cognitive disorders that need accommodations and behavioral treatment in FASD.

Workshop B1: Community Conversations: Older Youth in Care and Permanent Family Connections—Part I

As we all know, aging out of the foster care system without a permanent family/connection is not the answer. One of the things that we, caseworkers, resource parents, and providers struggle with is balancing the stability of a placement and how a youth is currently doing with any child/youth's need for a permanent family. This workshop offers a unique mixture of youth and adult panel discussion, small group conversation and a relaxed teamwork atmosphere that will provide insight and perspective for everyone involved.

This event brings together many perspectives involved in youth permanency in foster care including, youth in care, resource families and DHHS staff. This should bring an opportunity for everyone to have a voice and share feelings, worries, successes and future hopes for youth permanence to occur in the foster care system.

**This is a two part workshop that will continue into the afternoon workshop E2.*

Workshop C1: Permanency Review Team Meetings and The Purpose

This workshop will focus on the Permanency Review Team Meetings and the purpose of the meetings. Permanency Review Team Meetings are held to develop a permanent plan for each child/youth that can realistically be implemented over the next six months; to expand thinking about possible permanency options for the youth and develop a plan for next steps starting with engaging youth in their own permanency planning process; to stimulate thinking and learning about pathways to permanency for these and other children and identify and address barriers to permanency through professional development, policy change, resource development, and the engagement of system partners.

Friday April 19th Afternoon Workshops 2:00pm to 4:30pm

Workshop D2: The Heart, Soul & Spirit of the Signs of Safety Approach

An attempt to share, grow and deepen a foundational understanding and practice in order to achieve better partnership and outcomes

Over the past 8 months, Paul had the opportunity and benefit of working as a "signs of safety coach and mentor" with all levels of staff in two of Maine's districts. That experience allowed him many opportunities to also work directly with some children, their parents, resource families, community providers and family's child safety team members using the signs of safety approach. As a result, he has been privileged to grow and deepen his own level of understanding and practice. More importantly, he has learned about the real struggles many individuals face trying to implement the Signs of Safety approach in a context of competing demands/priorities and limited available time to implement that important work. Paul's best hope for this workshop is to share what he has learned with those who attend. There will be time for questions and answers.

Workshop E2: Community Conversations: Older Youth in Care and Permanent Family Connections—Part II

This workshop is a continued conversation from the morning workshop B1. (see B1 for an in-depth review of this workshop)

Workshop F2: Maine Wabanaki-State Child Welfare Truth and Reconciliation Commission Process

Staff and leaders in this first in the nation Truth and Reconciliation Commission process between the State of Maine and Wabanaki tribes will provide a historical overview of this groundbreaking initiative, including US and Maine history, the Indian Child Welfare Act and collaborative efforts to uncover truth, promote healing and create lasting change for Wabanaki children and families.

Workshop G2: Understanding a Child through a Trauma-Informed Approach

Trauma is pervasive among children, youth and families, especially those involved in public systems. Even more significant, systems are often unaware of the traumas that the children, youth and families have experienced and how behaviors are adaptive responses to trauma. Lack of awareness and failure to respond in a trauma-informed manner can result in poor outcomes for trauma survivors, such as disruption in placement and assigning blame. This workshop will provide information on trauma and early childhood as well as “protective factors”. The information will provide caregivers with a better understanding of trauma and also how using a trauma-informed approach can be beneficial to all by no longer asking, “What is wrong with you?”, but instead, “What happened to you?”. It is this understanding of the “story” and the “trauma material” that should guide us as caretakers and professionals.

Saturday April 20th Morning Workshops 9:30am to 12:00pm

Workshop H1: Engaging Dads/Parents in the Child Welfare Process: Learning to do it Better

The Department of Health and Human Services has recognized the need to increase the role of father’s in child welfare cases and in doing so has partnered with the Opportunity Alliance- STRONG Fathers Program to provide a variety of services to fathers involved in child welfare and provide outreach. STRONG Fathers works with DHHS staff to improve the way in which caseworkers engage fathers in the permanency planning process. More fathers are asked to attend Family Team Meetings and have more involvement in the meetings. STRONG Fathers helps men to become more skilled and active parents through classes, workshops, discussion groups, family activities, and individual mentoring.

Brian has taken a leadership role in the Fathers Engagement Project with the Maine Department of Health and Human Services, and is also a parent coach at The Opportunity Alliance. Brian Clark has coordinated the STRONG Fathers program for the past five years, first at York County Community Action Corp, and currently at The Opportunity Alliance.

Workshop I1: Working With and Valuing Biological Families Connections

This 2-hour long interactive presentation will assist participants in a better understanding of ways to communicate and move forward the process of reunification and or termination of parental rights with biological parents. It will help reduce myths about having birth parents visit their children in the resource home and encourage ways to build on the strengths of the biological family members while a child/children reside in foster care. The presentation will also assist foster and adoptive parents to empathetically and respectfully work with birth parents to reduce barriers to aide in optimal decision making with regard to permanency for the children.

Workshop J1: Starting and Maintaining Support Groups

Do you feel alone and or isolated as a resource parent? (Foster, adoptive or kinship parent) Do you think of yourself as a leader? Are you someone who likes to hear and gain from other people's expertise? Would you enjoy telling your story to others who walk the walk and talk the talk? If so you might consider taking part in this workshop. The presentation is designed to assist individuals in planning creative ways to become involved in systems of support. Starting and maintaining a support group means different things to different people. The workshop presented by Meagan Stearns, Jim Hatch and Sheila Peakall of AFFM will provide an overview of what it takes to start and maintain a support group. It will touch on options of support group design from actual scheduled monthly or bi-monthly meetings to coffee cliques and online opportunities. A panel of individuals who have taken on some of the above roles of support will join the AFFM staff in this workshop.

Saturday April 20th Afternoon Workshops 2:00pm to 4:30pm

Workshop K2: Fostering Change

Fostering Change is a powerful and thought provoking film charting one person's journey of transformation from legal executive to committed foster mother. It is a film that all of us at Halo are incredibly proud of. Jodi Orton lives in Warsaw, Missouri with her husband, Bret and their nine foster and adopted children. Halo Films spent a week with her in the autumn of 2011 while filming for the Choice Point documentary project. Jodi was to be one of many stories in Choice Point and as ever in large projects, more was shot than was eventually used. However, Jodi and her kids are inspirational and the footage was so great that we didn't want it to go to waste.....So, we set about editing the footage to tell just Jodi's story: Fostering Change is the result.

Workshop L2: If You Don't Write Your Own Story Someone Else Will

When young people have the tools to tell their own stories, they become architects with a free license to dream, create, alter, and revise the very structure of their selves, and their lives. Life Books for youth in foster care give young people the opportunity to tell their own stories and to hear and interpret the stories of others, giving them the chance to understand who they are and where they come from, and to make positive choices about where they want and need to go as adulthood approaches. This workshop will help participants learn more about Life Books and understand their value. We will write, share stories, and leave with tools and techniques for working on a Life Book project, while also learning about resources for accessing, creating, and sharing life stories on and off the page.

Workshop M2: Adoptive Parenting that Heals and Nurtures Older Traumatized Children

This workshop will share the beautiful story of adopting and parenting of Laurie's son. Brycen was adopted at age 11. Laurie will provide an overview of her son's history of chronic severe trauma and multiple moves through the foster care and residential systems and how between parent and child they rose above the odds. She will talk about the multiple challenges she encountered as a first time adoptive parent. Laurie will talk about what worked and what was challenging in her adoption experience and what adoptive parents can take from her presentation to use with their adoptions and ultimately adopted child/children.

Introducing Keynote Speaker:

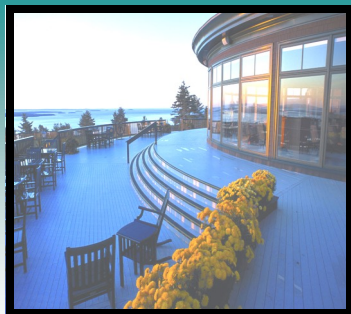
PAULA J. LOCKHART, MD, FAPA

Paula J. Lockhart, MD, is a child and adolescent psychiatrist with over 24 years of experience treating children and adolescents. She received her medical training at Georgetown University School of Medicine and completed her general psychiatry residency at Georgetown and Georgetown affiliated Hospitals. She completed her Child Psychiatry residency at Johns Hopkins School of Medicine and the Kennedy Krieger Institute a Johns Hopkins affiliated children's hospital. She is board certified in both general and child and adolescent psychiatry. She also completed a faculty fellowship in substance abuse at Johns Hopkins Hospital.

Before becoming a fulltime faculty member at Johns Hopkins School of Medicine, she completed 3 years as a Public Health Service psychiatrist on the eastern shore of Maryland treating children and adults. During her 18 years of service at Kennedy Krieger Institute she worked to develop a multidisciplinary psychiatry clinic for developmentally disabled children, adolescents and adults, and a clinic for children exposed to substances prenatally. This led to several research grants from NIAAA and SAMHSA to better understand attention problems in fetal alcohol spectrum disorders and to also develop a multidisciplinary clinic and training program for other disciplines in fetal alcohol spectrum disorders at Kennedy Krieger Institute.

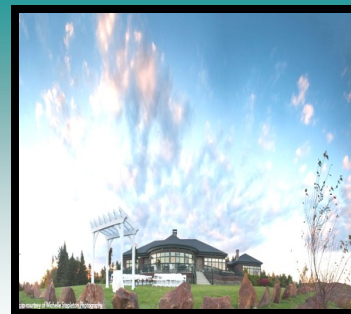
Dr. Lockhart has been an administrative director of three child psychiatry programs and has lectured widely throughout the US on Fetal Alcohol Spectrum disorders and in countries outside of the US. She moved to Maine 3 years ago and continues to treat children. She is currently working at Penobscot Pediatrics and is interested in integrative psychiatry.

Directions to the Conference



**Point Lookout Conference Center
67 Atlantic Highway
Lincolnton, Maine 04848**

www.visitpointlookout.com



Coming from North

**1-95 south, take Exit 180 (this is Coldbrook Road)
Take left off exit
At intersection in approx 2 miles, take right onto
Hampden Rt.202
At end of Rt. 202, Take a left onto Western Ave.
(Rt. 9)
At intersection take right. This is Route 1A south
Follow 1A South for approx. 20 miles, merge unto
Route 1 South
In approx. 20 miles, look for sign on right "Point
Lookout"**

Coming from South

**Take 295 North to Route 1 (approx. 23 miles)
Exit 28
Take Route 1 North/East to Northport
(approx. 70 miles)
"Point Lookout Conference Center" sign
will be on your left in Northport**

Look for the moose

Overnight Accommodations: Please make your own overnight accommodations at Point Lookout Conference Center. Call 800-515-3611 and ask for the 'AFFM Conference' rate. You have the choice of 1, 2 or 3 bedroom cabins. AFFM has secured a reduced rate for the conference. Be sure you ask for it, as it will not be available after you reserve your overnight.

Registration Form (REGISTRATION ALSO AVAILABLE AT www.affm.net)

Name: _____
Address: _____ City: _____
State: _____ Zip Code: _____
Email: _____ Phone: _____

Please check all that apply:

- Foster Adoptive Kinship
 \$70 single \$140 couple
 Child Welfare Professional (\$85 per person) Other (please specify) _____

Payment Method

- Check Enclosed

Bill Agency: _____

Friday, Morning Session (Choose One)

- A1 B1 C1 N/A

Friday, Afternoon Session

- D2 E2 F2 G2 N/A

Saturday, Morning Session (Choose One)

- H1 I1 J1 N/A

Saturday, Afternoon Session (Choose One)

- K2 L2 M2 N/A

Please check off which meals you will be attending:

- Friday Lunch (12:00 - 1:45 PM)
 Saturday Lunch (12:00—1:30 PM)

Special Needs Accommodations Please Specify:

**Please mail this form to: Adoptive and Foster Families of Maine 294 Center Street, Suite 1
Old Town, Maine 04468 or fax it to 827-1974 or email meagan@affm.net
Please make checks payable to AFFM**