



DOUBLETREE BY HILTON

# AFFM'S 26TH ANNUAL CONFERENCE

*The Heart of Healing*

**FRI & SAT  
APRIL 14TH & 15TH**

DOUBLETREE BY THE HILTON HOTEL  
363 MAINE MALL ROAD, S. PORTLAND



**Adoptive & Foster  
Families of Maine, Inc.  
& The Kinship Program**

WWW.AFFM.NET  
207-827-2331

8:00 A.M.- **Welcome**

*Presented by Travis Bryant, Executive Director Adoptive & Foster Families of Maine Inc., & The Kinship Program*

8:30 A.M.- **Keynote: Purpose-Driven Leadership**

*Presented by: Brittainy Charette, PsyD*

Any successful community requires strong leadership, and not just at the top. Leaders emerge from any level of an organization or position within a community, and we all have a level of responsibility to enable that leadership and influence positive change. When the purpose is clear, and the environment is complex, it's even more important that everyone feels the agency to ask powerful questions to create better outcomes for those you serve. Maintaining a clear sense of purpose and connecting with those in your community with intentionality help us all build resilience and the ability to continue working toward even the most challenging goals.

In the keynote, and subsequent workshop, attendees will walk away with a different perspective about intentionality:

1. Creating a stronger sense of allyship and a common vision among all members the community
2. Being a leader, regardless of your formal position and specific responsibilities
3. Finding purpose each day (one day at a time)

The workshop will take an action-oriented approach to the keynote messages, while also providing the time and space to reflect on how individuals can take ownership of opportunities to connect, influence, and create purpose-driven change.

**1:30 P.M.- 4:00 P.M.**

**Influencing a System of Intention**

*Presented by: Keynote Speaker Brittainy Charette, PsyD*

The workshop will take an action-oriented approach to the keynote messages, while also providing the time and space to reflect on how individuals can take ownership of opportunities to connect, influence, and create purpose-driven change. Understanding the value and the possibility of these ideas is one thing, but we don't often take the time to truly think about what steps - even small ones - we can take toward intentionally being part of a solution or different way of serving our purpose.

In an environment of complexity and change, actively building our resilience may seem increasingly difficult, but that makes it that much more critical. Taking ownership of how we spend our time and energy is an important part of leading ourselves and others. Participants will be asked to apply their insights from the keynote presentation, alongside their own experience, and will leave with ways to create more intentionality in their everyday life.

## **FRIDAY MORNING WORKSHOPS 9:30AM- 12:00PM**

**CHOOSE 1 WORKSHOP WHEN REGISTERING**

### **Workshop A: Creating Their Own Family: Helping Youth Heal & Reconnect**

*Presented by: Youth Leadership Advisory Team*

Staff from the Catherine Cutler Institute joined by Maine's current Annie E Casey LEAP Fellow will lead participants in an exploration of connection, family, and supporting young people in navigating relationships with birth-family. This workshop aims to help participants in learning how to best support the young people in their lives as they explore the ways they want to build or rebuild connections. Facilitators will guide participants through activities that will give them new perspectives and tools that they can use with youth to help them successfully and safely explore rebuilding relationships from their past. Through a panel presentation, attendees will hear real-life experiences of young people who have dealt with navigating relationships with their biological families, and how being separated and grieving the loss of these relationships can affect them well beyond their time in care.

### **Workshop B: How to Support Healing in Ongoing Separation Grief and Loss**

*Presented by: Hether Anderson, AFFM Resource Family Trainer and Resource Parent, Cheri Crossman, LCSW, Catherine Cutler Institute RFIT Facilitator, Melissa Allen, Catherine Cutler Institute RFIT/YLAT Facilitator, and Resource Parent*

This workshop will explore how being separated through foster care impacts grief and loss and affects children and caregivers. Presenters will focus on how unresolved loss, the disconnection from family, culture, and community impacts separation, grief, and loss. This workshop will also discuss how this loss can impact one's ability to form healthy and trusting relationships. Participants will be introduced to and practice strategies that they can use to help themselves as caregivers and assist young people to heal from separation, grief, and loss.

### **Workshop C: Family Team Meetings; Resource Parents are Part of The Team**

*Presented By: Stephanie Wiken, Policy and Training Specialist with the Office of Child and Family Services along with OCFS Staff and Resource Parent Panel*

Family Team Meetings are held to collaboratively identify and develop strengths to support the family in making the necessary changes that will increase the safety, permanency, and well-being of the child. Resource parents are a necessary part of a family's team. This panel presentation will provide an overview of Family Team Meeting policy updates, the role of resource parents as team members, and lived experiences of success.



## **8:15-Welcome**

*Presented by Travis Bryant, Executive Director Adoptive & Foster Families of Maine Inc., & The Kinship Program*

## **8:30-Keynote: Resilience Through Relationships (Relationships, The Key to Building Resilience)**

*Presented by: Diane Lanni, Lead Trauma Coach, Resource Parent & Jennifer Malcolm-Brown, LICSW*

Resilience is often discussed as a critical component in overcoming trauma. Dramatically increasing our resilience is the power of social connection. Experts from the Resilience Through Relationships Center at the University of Massachusetts Chan Medical School, Diane Lanni, and Jen Malcolm-Brown, LICSW will bring their expertise as professionals and parents and explore the science of relationships and discuss how resilience can be built and supported through human connection. Join Diane and Jen next for more practical strategies to bring the science of relational healing into your work.

## **9:30-Tend and Befriend-Understanding the role of the Affiliate Response in Relational Healing**

*Presented by: Diane Lanni, Lead Trauma Coach, Resource Parent & Jennifer Malcolm-Brown, LICSW*

Has anyone had a challenging few years?! What some of us have learned is how much we need each other. You may be familiar with the “fight, flight, freeze” response, but do you know the most powerful response we have is our affiliate response? We will talk about why human connection is critical through an exploration of the science of relationships and the importance of the affiliate response in healing from trauma. In this interactive workshop, we invite participants to bring your own experiences of connection to “tend and befriend” each other and model how to support and nurture our relationships. Activities will include the experience of connection as well as discussing and practicing user-friendly strategies to bring into your relationships.

## Lodging Information

### DoubleTree by Hilton

363 Maine Mall Road, S. Portland,  
ME, 04106 1-207-775-6161

#### Amenities Include:

All guest rooms feature a refrigerator, microwave, safe and complimentary Wi-Fi Ideally located 2 miles from Portland International Jetport, 5 miles from downtown Within walking distance to The Maine Mall and several restaurants Heated indoor pool and fully equipped fitness center.

Room Rate 159.00/night  
Inform hotel you are  
with AFFM Conference

## Additional Information

- The annual silent auction will take place throughout the conference in the Winter Harbor Room. Bid on a basket filled with goodies! Winners of auctioned items will be announced during Saturday's lunch.
- All attendees can take part in a chance to win a door prize and the 50/50 raffle!
- Winners will be announced during Saturday's lunch.
- If you are a resource family and in need of a scholarship, please contact AFFM.

For more information visit [www.affm.net](http://www.affm.net), AFFM's Facebook page, or follow  
AFFM on twitter @affmaine

## **SATURDAY WORKSHOPS 1:30 PM-4:00 PM**

### **CHOOSE 1 WORKSHOP WHEN REGISTERING**

#### **Workshop A: 7 Principles of Discipline - The Positive Approach**

*Presented by: Hether Anderson, AFFM Resource Family Trainer, and Monica Bushey, AFFM Training Program Manager*

As resource parents, we face many challenges throughout our journey with children placed in our care. Two of the most significant challenges children face are learning acceptable social behaviors and being able to control their own actions. And there lies the vital importance of taking time to teach and guide children, and ourselves; in learning how to make effective choices and manage their own behavior over time. This can start at any time, though the sooner the better. This workshop will cover the definition of discipline along with helping participants to learn and use the 7 principles of discipline which are introduced through group work and discussion. These principles of discipline will give you tools to use at home now and in the future.

#### **Workshop B: Healing Play and Connection**

*Presented by: Lisa D. Maynard, LMSW, TCTSY-F; Therapist, Affiliate -Tree of Hope Counseling, Certified Trauma Center Trauma Sensitive Yoga Facilitator & Dena Rain Adler, M.A. ATR; Art Therapist, Affiliate-Tree of Hope Counseling, Certified Practitioner of Center for Mind-Body Medicine*

Scientific research supports integrative approaches that focus on all aspects of our well-being for prevention, promotion of good health, and healing from trauma and illness. The impact of stress is experienced individually, collectively in our work, and in our communities. It affects our bodies and our emotional connection to ourselves and our families. Trauma-informed care recognizes that our wounds, at all ages, are held deep within the human body, and therefore to fully heal, treatment must include somatic and expressive elements.

Through movement, creative arts, and grounding mindfulness practices, we will use our bodies to acknowledge pain and trauma AND make space for health and wellness. Within a safe and trusting framework, participants will be encouraged to explore their physical sensations while paying attention to embodied feelings and symbolic messages. The process and tools demonstrated are easy and meaningful to use for ongoing self-care, to support sensory integration and co-regulation, as well as connection and fun with children. Bring your playful spirit for this engaging, stimulating, and interactive experience! Creative materials will be provided for take-home practice. Yoga mats and LuLulemon yoga attire are not required!

#### **Workshop C: FASD: Managing our Children's Needs**

*Presented by: Adrienne Bashista, FAFASD Training Director, and Bette Hoxie, Adoptive, Kinship Parent and Certified FASD Educator*

FASD is a neurodevelopmental and neurobehavioral disorder caused by alcohol exposure in utero. In this workshop, Adrienne and Bette will outline behavioral symptoms associated with FASD, and define what accommodations and environmental changes are in relation to FASD as a disability by providing lived examples of behavioral symptoms along with how you can help. There will be a question and answer session at the conclusion of the presentation.



# Introducing the Keynote Speakers



**BRITTAINY CHARETTE**  
**PSYD**

Organizational  
Leadership

Brittainy Charette is a graduate of William James College (WJC), Organizational Leadership PsyD program, and Southern New Hampshire University, Masters in Industrial-Organizational Psychology program. Having worked in healthcare for over 10 years, she made a leap into the corporate environment in 2018. At WEX, Inc. - a global tech and finance company based in Portland, ME - she manages a team that leads the strategic development of various leadership development programs and initiatives. She enjoys her overall mission of collaborating with her partners throughout different lines of business, and in human resources to create a positive and productive workplace culture for employees and leaders all over the globe. Volunteering and connecting with the community is important to Brittainy, and every semester, she spends time with the SMCC Fire Science students to support their mentor and leadership development program for second-year students. Brittainy has also created courses and programs for WJC to create strong leaders in the helping professions, and sessions to support those in that field throughout the height of the COVID pandemic. When she's not working with her WJC community, or developing leaders at WEX, she enjoys kayaking, camping, finding new music, reading, and spending time with her dog, Storm at her home in the Central Maine area.



**DIANE LANNI**

Lead Trauma Coach  
Foster Parent

Diane Lanni is a foster parent with the Department of Children and Families in Massachusetts. She has years of experience fostering as a hotline, unrestricted, and respite foster parent, with her primary focus raising teenagers. Diane is a bio and adoptive parent, as well as a parent for numerous transition age former foster youth who still call her mom and need her for support. Diane owns and operates a restaurant where she works with many transition age youth in a work environment. Although the bulk of her parenting has focused on older youth, she recently became a kinship foster parent to a preschooler. She was honored as Massachusetts Foster Parent of the Year and champions the voice of other foster parents on local, state and national platforms. She is a lived experience co-facilitator for the Resource Parent Curriculum (NCTSN product) and trains others on the material. Currently, Diane is the lead trauma coach at UMass Memorial Health Care in the FaCES (Foster Children Evaluation Services) clinic where she provides peer support to foster care families and has developed and implemented a training program for others to be trained trauma coaches. Diane is most passionate about promoting the idea of foster parents as professionals and providing proper training and support for them as parenting professionals.



**JEN MALCOLM-BROWN,**  
**LICSW (SHE/HER)**

Project Director  
Lifeline for Kids

Jen Malcolm-Brown is an LICSW with 15 years' experience working to improve care and outcomes for youth and families who have been impacted by trauma, including as a therapist, supervisor and supporting and directing National Child Traumatic Stress Network (NCTSN) projects. Jen is currently the Program Director for Lifeline for Kids and Program Director for the Resilience Through Relationships Initiative at the University of Massachusetts Chan Medical School, where she offers trauma informed care trainings and oversees LINK-KID, an innovative centralized referral system which increases access for youth and families seeking trauma focused evidence-based treatments. Jen is a skilled clinician in Attachment, Regulation and Competency (ARC), Child Parent Psychotherapy (CPP), and Trauma Focused-Cognitive Behavioral (TF-CBT). Jen is also a certified Lead ARC trainer with the Center for Trauma Training (CTT) where she supports organizations in bringing the ARC Framework into their child serving systems.

## Registration Form

Registrant 1 Name:

Address:

Phone:

Email:

Registrant 2 Name:

Address:

Phone:

Email:(must be different from Registrant 1 email)

### Registrant 1 Workshop Choices

#### Friday Workshops April 14th

Workshop A ☐ Workshop B ☐  
Workshop C ☐

#### Saturday Workshops April 15th

Please check one workshop:

Workshop A ☐ Workshop B ☐  
Workshop C ☐

*Please check all that apply:*

Adoptive Parent: ☐ Licensed Kinship parent: ☐

Foster Parent: ☐ Informal kinship parent: ☐

Other : \_\_\_\_\_

### Registrant 2 Workshop Choices

#### Friday Workshops April 14th

Workshop A ☐ Workshop B ☐  
Workshop C ☐

#### Saturday Workshops April 15th

Please check one workshop:

Workshop A ☐ Workshop B ☐  
Workshop C ☐

*Please check all that apply:*

Adoptive Parent: ☐ Licensed Kinship parent: ☐

Foster Parent: ☐ Informal kinship parent: ☐

Other : \_\_\_\_\_

Please Check off lunches you will Attend: Friday Lunch ☐  
Saturday Lunch ☐

Special Accommodations, allergies etc., Please Specify: \_\_\_\_\_

*Conference cost includes both days, lunches, and all materials provided*

Register online at the link below or scan the QR code with your phone

<https://travis-affm.formtitan.com/ftproject/ft4da93f13dc29488284060da41e9b122a>



Please mail registration forms to: AFFM, 304 Hancock St., Suite 2A, Bangor, ME 04401  
Or fax: 207-573-3023 or Email: Monica@affm.net

Please Circle if Check Enclosed: Yes / No- Bill Agency: \_\_\_\_\_

Please Make Checks Payable to: Adoptive & Foster Families of Maine

Adoptive, Foster & Kinship Family (\$60 per person). Other attendees (\$80 per person)

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*Conference details!*



**Adoptive & Foster  
Families of Maine, Inc.**  
& The Kinship Program

*New Resource Families Welcome! You are now receiving the Family Ties newsletter as part of your complimentary membership to AFFM! Below are all the ways you can connect with AFFM and learn more about services offered.*

**Locations:** 304 Hancock St, 2A, Bangor Maine 04401 & 333 Lincoln Street, STE 101 Saco, Maine 04072  
**Phone:** 207-827-2331 **Email:** [info@affm.net](mailto:info@affm.net) **Website:** [www.affm.net](http://www.affm.net)

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**Save a tree, sign up for the E-Newsletter by using the QR code**

