Small Pieces Big Picture

SAFETY
ATTACHMENT
HUMAN TRAFFICKING
GRIEF
LOVE

AUTISM
MANAGEMENT
SELF-ESTEEM

LOSS
FOSTER CARE

TRANSRACIAL/TRANSCULTURAL
PEER PRESSURE
ADOPT

FRIDAY, AUGUST 24TH
SATURDAY, AUGUST 25TH

502 EAST EVENT CENTRE | 502 EAST CARMEL DRIVE
CARMEL, INDIANA 46032
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:00am-9:00am</td>
<td>Registration</td>
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<tr>
<td>9:00am-9:45am</td>
<td><strong>Welcome &amp; Conference Logistics</strong></td>
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<td>Terry Stigdon</td>
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<td>9:45am-10:15am</td>
<td>Break &amp; Exhibitors</td>
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<tr>
<td>10:15am-11:45am</td>
<td>**Workshops</td>
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<tr>
<td>11:45am-1:00pm</td>
<td>Lunch</td>
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<td><strong>KEYNOTE - Amelia Meyer</strong></td>
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<td>1:15pm-2:45pm</td>
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<td>2:45pm-3:15pm</td>
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<td>3:15pm-4:45pm</td>
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BIography

Terry J. Stigdon has dedicated her career to saving and improving the lives of Indiana’s children. As Director of the Indiana Department of Child Services (DCS), Terry leads an organization that protects children from abuse and neglect and works to ensure their financial support. The DCS administers child support, child protection, adoption and foster care throughout the state of Indiana.

Previously, Terry spent almost 20 years at Riley Hospital for Children at IU Health, where she began as a pediatric intensive care staff nurse. Most recently, she served as clinical director of operations, where she oversaw strategy, finance, personnel, research and programs for several hospital divisions, including emergency, trauma and nursing.

Terry’s extensive pediatric experience has given her a first-hand view of the issues faced by children and families. She has a proven track record of building strong teams that result in positive outcomes for vulnerable children.

Terry holds associate and bachelor’s degrees in nursing and a master’s in nursing leadership and management. She serves on the boards of Indiana Emergency Medical Services for Children and Legacy House, which advocates for victims of violence and provides free trauma counseling.

Terry has been married for 24 years and has three children. In her free time, Terry cheers on her beloved Chicago White Sox, sings in her church choir and volunteers at her daughter’s show choir competitions.
SESSION 1

**You Can’t Give What You Don’t Have:** Taking Care of the Caregiver
10:15am - 11:45am

*Dr. Amelia Franck Meyer*
CEO, Alia

Building our own resilience muscle is critical for us to sustain this important work for the long haul. There are simple, practical ways to increase your own ability to be good for others that don’t take a lot of time. We need you to be your best self to be good to and for others. This training offers “apply-it-today” insights into how to enhance your own well-being, which allows you to do the same for others.

**Preventing Suicide Among Our Hoosier Youth**
10:15am - 11:45am

*Jason Murrey*
Statewide Suicide Prevention Coordinator,
Division of Mental Health and Addiction

This workshop will address the state of youth suicide in Indiana. Identify what is being done at the state level to address this issue. Education about resources to support prevention of suicide within the community. Encourage peer to peer programs to build resiliency within our youth.

**The Adoption Subsidy Eligibility Process**
10:15am - 11:45am

*Jennifer Haselwander*
Assistant Deputy Director of Client Eligibility and Enrollment, Department of Child Services

*Kimberly Swope-Gruzinsky*
Operations Director, Department of Child Services

This workshop will provide participants with an overview of the
**Love Is Not Enough, It’s The Beginning:** Navigating the Waters of Transracial/Transcultural Adoption  
10:15am - 11:45am

*Alfreda Singleton-Smith*  
Director/Ombudsman,  
Department of Child Services Ombudsman Bureau

This workshop will examine the history and controversy surrounding transracial/transcultural adoptions in the United States as well as the positive and negative implications to using the practice as a response to achieving permanency for children. Participants will discuss the opportunities and challenges of transracial/transcultural families and identify strategies for nurturing and supporting them within a cultural context that promotes racial equity, positive self-identity, and empowerment.

**Human Trafficking in Indiana**  
10:15am - 11:45am

*Denise Robinson*  
Chief Counsel of Investigations/Medicaid Fraud,  
Office of the Indiana Attorney General

This workshop will discuss current resources available to victims and discuss the initiatives of the Office of the Indiana Attorney General to combat the issue of human trafficking. It will also define human trafficking, provide a legal overview of the crime in Indiana and federally, and prevalence in Indiana. It will discuss red flags for identifying victims of human trafficking, provide a synopsis of how individuals can assist youth victims of human trafficking, and report suspected human trafficking.
Dr. Amelia Franck Meyer  
CEO, Alia

**BIOGRAPHY**

Dr. Amelia Franck Meyer is nationally recognized as an expert in child permanence and placement stability; understanding and healing childhood trauma; and building individual and organizational resilience and wellbeing.

Amelia is the CEO of Alia, a new nonprofit organization focused on innovations for people and systems impacted by childhood trauma. Previous to Alia, Amelia served as the CEO of Anu Family Services, a child welfare agency in 60 Wisconsin counties and 30 counties in Minnesota.

**PRESENTATION**

*Understanding Grief, Loss, and Trauma in Youth Who Have Lived in Out-of-Home Care*

Understanding the grief, loss, and trauma experienced by youth who live in out-of-home care is critical to understanding what interventions and parenting styles help, and which ones harm. This presentation will shed a new light on the youth’s experience through the lens of grief and loss, and in the end will offer a new perspective on what youth need to heal. Even seasoned caregivers find this new perspective helpful in shaping ways to be more effective with the youth in their care.
Loss, Grief and Separation: To Recognize is to Heal
1:15pm - 2:45pm

LaJeune Williams
Care Coordinator and Diabetes Navigator, Raphael Health Center

In this workshop the presenter will discuss the stages of grief and loss, the effects on the child, biological parent, as well as the foster/adoptive parent. This presenter will give both personal and professional examples of grief and loss as well as ways to recognize those stages and how to better cope.

Why Do They Do That?!?
1:15pm - 2:45pm

Stacy Apraez, MA, BCBA
Director of Operations, Behavior Analysis Center for Autism (BACA)

A workshop to provide parents the necessary skills to identify why their child engages in problem behavior. It is only then, that strategies to reduce these unwanted behaviors in the future can be determined. Rules for applying behavioral principles in the home environment, including proactive and reactive strategies will be reviewed. The impact the current environment can have on non-compliance, aggression, success at school, and more will be covered. This workshop can be applied to anyone whose behavior we want to change and will include a focus on individuals with autism.

Attachment Trauma: The Importance of Healing Relationships
1:15pm - 2:45pm

Terry Lovejoy
Assistant Director of Adoption, Children’s Bureau, Inc.

One of the biggest predictors of a child’s ability to heal is the quality of the relationships in his/her life. As such, it is important to understand how attachments are formed and ways to enhance the relationship between children and important people in their lives. While foster parents have not been the ones to cause attachment trauma in the lives of our children in foster care, they are key to helping the child to heal from it.
Creating a Healing Home
1:15pm - 2:45pm

David Reed
Deputy Director of Child Welfare Services, Department of Child Services

This workshop will focus on equipping resource parents to effectively care for children with mental health concerns and who have experienced trauma. Parents and staff will learn about the importance of environment, self-awareness, role-modeling, and participation in youth service plans in an effort to improve youth outcomes. Participants will gain insight into foster youth mental health and will better understand their critical role in helping them to heal.

Indiana Adoption Matching Registry: Bringing Families Together
1:15pm - 2:45pm

Darci Height
Adoption Records Specialist, Indiana State Department of Health-Vital Records

The Indiana Adoption Matching Registry was established in 1988 for the purpose of releasing the adoption records to adoptees. If the child was born in Indiana, the Indiana State Department of Health will release a copy of the original birth certificate and the Record of Adoption on letterhead. They will then be able to contact the court and adoption agency if one was involved to obtain their information as well. Our office will notify their office(s) of the adoptee’s released information.
SESSION 3

Loss, Grief and Separation: To Recognize is to Heal
3:15pm - 4:45pm

LaJeune Williams
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10:30am–10:45am Break

10:45am–12:15pm Workshops | SESSION 2

12:15pm–1:45pm Lunch
CLOSING KEYNOTE - John DeGarmo
SESSION 1

Keeping Children Safe Online
9:00am - 10:30am

**Dr. John DeGarmo**
Director, The Foster Care Institute

This session focuses on the many dangers currently associated with foster children and online technology. Social networking is also a main focus of this session. During the presentation, foster parents will be informed of the dangers associated with online technology, as well as be equipped with strategies designed to better protect the foster child. Participants will be equipped with strategies designed to better aid foster children as they face these dangers and horrors. These strategies include establishing rules/policies/expectations; examining and using protective software; learning how to block inappropriate material/content; learning how to block contact from undesired and inappropriate outsiders; protecting personal information and contact information; learning the importance of “netiquette”; how to screen harmful sites; understanding the legal implications of online use; and how to disclose information/express oneself in a safe and appropriate manner.

Unconditional Positive Regard: Working with the LGBTQ Community
9:00am - 10:30am

**Patricia J. Corbin**
Clinical Therapist, Family Services, Inc.

Help attendees to normalize diversity in sexual orientation, gender expression and identity. Help families of LGBTQ youth to accept their child’s complexity and not judge or label them.
**Child Advocacy and the IEP Process**  
9:00am - 10:30am

*Traci Tetrick, Esquire*  
Complaint Investigator, Due Process Team,  
Indiana Department of Education

This presentation will provide attendees with a general overview of how a case conference committee (CCC) develops an individualized education program (IEP) for a student with a disability. We will examine the role of the parent as a CCC member; who may legally act as a parent under Article 7; how others in a non-parent role may participate in the process; and general information about serving as an advocate for a student with a disability.

**Taking Care of Yourself BEFORE You Take Care of Others**  
9:00am - 10:30am

*Nancy Fisher*  
Director of Adoption, Children’s Bureau, Inc.

*Skye Burger*  
President and Executive Coach, Door Opener Academy

Self-care. Why? Because the world needs you, your clients need you and your family needs you. But they need a you that is effective, inspired and energized. Because we live in what often feels like a pressure cooker, it makes us feel that we have an increasingly shrinking timeframe. This leaves many of us working frantically, thinking short-term, and feeling disconnected from what really enlivens us. Learn ideas and experience techniques to sharpen our saw (self-care) first in order to be sharp and effective.
**Adoption and You:** The Ins-and-Outs of Adoption  
9:00am - 10:30am  

*Natalie Chavis, Esquire*  
Attorney, Foster Care Adoption  

Ever wondered about the adoption process? Have a question about subsidy negotiation? Do you want to know key components of a Post Adoption Agreement Contract? This workshop is just for you. Please come with questions ready and a pen and paper because you'll learn a lot.

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**SESSION 2**

**Raising our Children’s Children:**  
Raising Children through a New Lens  
10:45am - 12:15pm  

*Nancy Fisher*  
Director of Adoption, Children's Bureau, Inc.

Many grandparents find themselves in the position of raising their grandchildren. There are an increasing number of families today maintained by grandparents who are raising their grandchildren, ages newborns to adolescents. According to the U.S. Census Bureau, in 2012, there were 2.7 million grandparents who had the primary responsibility for caring for their grandchildren who lived with them. This brings significant challenges and opportunities. Why do we take on the responsibility of raising our grandchildren? Love. We love these children, even with all of the challenges. Parenting our grandchildren requires a new perspective that will be presented and discussed in this workshop.
Adoption and You: The Ins-and-Outs of Adoption  
10:45am - 12:15pm  

Natalie Chavis, Esquire  
Attorney, Foster Care Adoption  

Ever wondered about the adoption process? Have a question about subsidy negotiation? Do you want to know key components of a Post Adoption Agreement Contract? This workshop is just for you. Please come with questions ready and a pen and paper because you’ll learn a lot.

Mindfulness: Explorations in Yoga and Meditation  
10:45am - 12:15pm  

Keith Lozefski  
Studio Manager, Blooming Life Yoga Studio and School  

Lilly Kessler  
Owner, Blooming Life Yoga Studio and School  

The session will begin with a brief discussion on the history of yoga and its practical applications in dealing with stress, anxiety, and traumas. Following the discussion, attendees will be lead through a simple meditation that incorporates various breathing techniques to release tension and clear the mind. After meditation, we will have a brief discussion of the benefits and applications of yoga into everyday life. Finally, attendees will be lead through a short yoga sequence that will help deepen the connection of mind and body, followed by a brief discussion. Attendees are encouraged to wear modest, loose fitting, and breathable clothing.
Youth Voice: A Panel on Supporting Older Foster Youth
10:45am - 12:15pm

Kylie Fredrickson
Director of Youth Engagement, Indiana Connected by 25

Joshua Christian
Indiana Youth Advisory Board Member

Jada Cuttriss
Indiana Youth Advisory Board Member

Drew David Sare
Indiana Youth Advisory Board Member

The Indiana Youth Advisory Board (IYAB) is made up of current and former foster youth across the state of Indiana. IYAB’s purpose is to provide foster youth with the skills and support to advocate for themselves and to elevate youth voices in improving outcomes for foster youth. Join us for a facilitated conversation with our IYAB youth panel. Hear tips from panelists about working with older foster youth, building relationships, and engaging them in their case plans. The panel will include moderated Q & A, so please bring questions for these amazing young people!

Substance Abuse in the Family: What You Need to Know
10:45am - 12:15pm

Scott Watson
Founder, Heartland Intervention

Join addiction counselor Scott J. Watson for an energetic and entertaining look at the serious topic of addiction and recovery.
Dr. John DeGarmo
Director, Foster Care Institute

BIOGRAPHY

Dr. John DeGarmo has been a foster parent for 15 years, and he and his wife have had over 50 children come through their home. He is an international consultant to legal firms and foster care agencies, as well as an empowerment and transformational speaker and trainer on many topics about the foster care system. He is the author of several books, including the new book The Foster Care Survival Guide, as well as Love and Mayhem: One Big Family’s Uplifting Story of Fostering and Adoption and writes for several publications. Dr. John has appeared on CNN HLN, Good Morning, America, ABC Freeform, and elsewhere. He and his wife have received many awards, including the Good Morning America Ultimate Hero Award. He can be contacted at drjohndegarmo@gmail, through his Facebook page, Dr. John DeGarmo, or at The Foster Care Institute.

PRESENTATION

Birth Parents and You: Working with Biological Family Members

This presentation focuses on the relationship between foster parents and birth parents. During the presentation, participants will better understand why it might be difficult to have a healthy relationship with birth parents, and why biological family members may not appreciate foster parents. Participants will learn strategies designed to help them reach out to biological family members, and how to create a healthy and positive working relationship with birth parents.