Fulfilling the Promise
Conference 2019:
For a More Powerful You:
Recharging Your Caregiver Batteries

March 12-14, 2019 | The Osthoff Resort | Elkhart Lake, Wisconsin
Welcome to Fulfilling the Promise 2019!
Thank you so much for joining us at the Osthoff Resort this year! We couldn’t host such a wonderful conference without your participation and valuable input. We hope you find this year’s conference the best yet, and leave with a deeper understanding and appreciation for the great work you do, and meet new friends along the same journey! Enjoy your time here!

History of Fulfilling the Promise

Fulfilling the Promise history actually goes back to 1993 with the very small beginnings of a state-wide meeting of home visiting programs that were using the HFA model. Fewer than 20 people gathered around a table in the Dells for training and support. A pizza lunch led to a discussion on the next steps for this type of collaboration. Home visiting as we know it today was in its infancy but the need to collaborate with others was already being identified. This small group grew over the next few years as other home visiting programs such as PAT were also growing. There was a need for a cross model conference/training event. In 1997, the first state-wide conference that was open to all regardless of model was offered under the title “Today’s Challenge-Tomorrow’s Future”. It was a grand success. In order to further develop this conference, UW Extension took over the role as leader of the conference and the name was changed to Fulfilling the Promise in 1998. Since then, FTP has grown to include all home visitors, parent educators, supervisors, management and participants across the state. In 2016 UWM became the lead of the conference and has brought it to the next level of professional development. Now that small group of fewer than 20 people has grown to over 350 in 2017.

Questions? Concerns?

Please don’t hesitate to contact us should you have any questions come up during the registration process. We are happy to assist you.

Please contact us at:
Email: ftpconference@uwm.edu
Phone: 414-964-7400
Conference Registration

Registration Site
https://www4.uwm.edu/mcwp_epayment/ftp_conference/registration/index.cfm?a1=edit&notify=TRUE

The cost is $100.00 per day of registration with a total conference registration cost of $300.00. Breakfast, lunch and an afternoon snack are included in your daily conference registration. Conference registration closes on February 28, 2019

Early Registration
This year we will be offering a $25.00 per person Early Registration Discount. If you register before January 18th, 2019, this will automatically be deducted from your total.

Group Registration
We will also be offering a group discount code for groups of 4 or more from the same agency or business. The code will give each person 15.00 off per person, per day of registration for a total of up to $45.00 per person off. Please contact us at ftpconference@uwm.edu for the code.

Cancellation Policy
If you cancel your registration 10 working days prior to the conference (Monday, February 26th, 2018, you will receive a full refund. Registrants who cancel less than 10 working days prior to the program are responsible for the entire fee, but you may send someone in your place at no cost. Please direct any registration questions to ftpconference@uwm.edu or 414-964-7400.

Continuing Education Units
You will receive 1 CEU for every hour of attendance at the conference. All registrants must sign in at the registration table each day they attend in order to get credit. Credits will be issued in PDS Online by 3/30/2017. If you do not have a PDS Account, we strongly urge you to create one in advance here: http://wcwpds.wisc.edu/pds-registration-choices.htm

Like and Follow us on Facebook!
https://www.facebook.com/ftpconference/
Follow us for the latest information on speakers, conference updates and information!
Save the Date
Fulfilling the Promise will be back next year in a new location! Please join us in Titletown U.S.A.!

HYATT REGENCY

March 10-12, 2020
Green Bay WI
Conference App

We will once again be using the EventMobi conference app at Fulfilling the Promise. Please use your unique email address when registering as we will use that to build a custom itinerary for you to access during the conference.

Stay tuned as an email will be sent closer to the conference date with details on how to download and use the app before, during and after the conference. Speaker bios, pictures, session descriptions and evaluations will all be available via the app.

Paper-Free Conference

In order to reduce our environmental footprint, we will not be printing materials for the conference. Handouts will be uploaded to the app and the MCWP website prior to the conference for you to access and print if needed. Evaluations will also be done via the app, with a very limited number of printed version available.

If you are able, please remember to bring your smartphone, tablet, or laptop with you to be able to access these documents. If you do not have access to any smart devices, please contact ftpconference@uwm.edu and we will try and assist you!

Registration and Information Table

Registration will be available Monday night from 5-7pm and each day starting at 7:30am in the main lobby of the Conference Center. Sign in sheets for credits, payment questions and App assistance will all be located here.
Preliminary Conference Schedule

Tuesday, March 12, 2019
· 8:00am: Breakfast
· 9:00am-10:15am: Session 1 Presentations
· 10:15am-10:30am: Break
· 10:30am-11:45am: Session 2 Presentations
· 11:45am-1:30pm: Lunch and Speaker
· 1:30pm-3:00pm: Session 3 Presentations

Wednesday, March 13, 2019
· 8:00am: Breakfast
· 9:00am: Keynote Speaker Begins
· 10:15am-10:45am: Break
· 12:00pm-1:30pm: Lunch and Networking
· 2:15pm-2:30pm: Break
· 4:00pm: End of Day 2

Thursday, March 14th, 2019
· 8:00am: Breakfast
· 9:00am: Institutes Begin
· 10:15am-10:30am: Break
· 12:00pm-1:00pm: Lunch
· 2:15pm-2:30pm: Break
· 3:30p: End of Conference
About the Osthoff Resort

About the Osthoff Conference Center
Located on the shores of Elkhart Lake, the AAA Four Diamond Osthoff Resort features first-class meeting and banquet space, and spacious, tastefully-appointed guest suites guaranteed to satisfy groups from 10 to 1,500. Whether you are planning a family reunion, retreat, meeting, conference or convention, let our experienced sales and conference services staff help you plan a memorable event at one of the premier meeting places in the Midwest, The Osthoff Resort.

Early History of Elkhart Lake
The Potowotomi Indians first called Elkhart Lake "Me-shay-way-o-deh-ni-bis" (or Great Heart Lake) after its shape resembling an elk's heart. Scooped out by the ancient glaciers, the lake is wrapped by the lush woods of Wisconsin's beautiful Kettle Moraine. Early settlers from the Rhine region of Germany were attracted to the area for its farming potential. Soon after, visitors came by stagecoach, then train, drawn to the lake, the charming resorts around its shores and to the abundance of recreation.

In the early 1950's, the arrival of motor racing breathed new life into the region, attracting elitist road racers with their exotic BMWs and Porsches. In the beginning, gentlemen race-car drivers actually held their races on the streets of the village and county roads. These were soon discontinued because of problems with crowd and traffic control, and Elkhart Lake became home of the Road America road-racing circuit. This permanent track was built into 570 acres of rolling hills southeast of the village and became the longest natural road racing track in North America. Soon, the village regained its old luster as it became a major stop on the international auto-racing circuit, spoken of by racing glitterati in the same breath as Monte Carlo.

In all, the permanent population of Elkhart Lake is just over 1,000 residents. Nearly everything is within walking distance, from landmark resorts to newer galleries and boutiques, giving it added charm. Regardless of season, weekends always bring vacationers strolling the streets. The appeal, it appears, is indeed timeless.
Osthoff Resort Map
Sheela Raja, PhD is a Licensed Clinical Psychologist and author of Overcoming Trauma and PTSD, The Sexual Trauma Workbook for Teen Girls, and The PTSD Survival Guide for Teens. She is an Associate Professor at the University of Illinois at Chicago where she teaches Health Communication and Behavioral Medicine. Dr. Raja received her PhD from the University of Illinois at Chicago and completed internship and post-doctoral training at the National Center for Post-Traumatic Stress Disorder in Boston, MA. She is a highly sought after speaker and consultant and has given invited talks at the international and federal level on the topic of post-traumatic stress.

Dr. Raja has a passion for making evidence-based psychology accessible. She is a regular guest contributor to local and national news outlets, providing down-to-earth insights on health and wellness, as well as sharing her psychological perspective on breaking news. She has been featured on national television networks including CNN, HLN, ABC, and CBS. She is a blogger for The Huff Post, and has been quoted as an expert source in numerous print and online publications, including the Washington Post, Web MD, CNN, Aljazeera, FoxNews, and NBC News online.
Tuesday, March 12th-
Day 1 Overview - 2 Part AM Workshops

"Getting to Know You! (Freshening up Your Teaching Through the Understanding of Temperament)"
Rachel Loucks, Northcentral Technical College
We are all born with a unique temperament. Understanding our own temperament; as well as that of others can improve our working relationships in and out of the classroom. Come to learn how you can use this information to change up how things are done in your classroom, home, or work space.

"Know Thyself: Understanding How Your Biases and Triggers Affect Service Delivery Outcomes"
Kisha Shanks, Infinite Family Solutions, LLC
This workshop will delve into the importance of self-awareness in working with children and families. While the work that we do is so incredibly precious and necessary, it would be remiss not to acknowledge the role that our own beliefs, ideas and perceptions play in determining the manner by which we go about addressing the needs of the families that we serve. Attendees will gain a better understanding of their own biases, triggers and tools to mitigate them, thus increasing capacity to serve.

"Go From Limited to Liberated"
Nicole Isler, Energy Strategy Mentor, Nicole Isler, LLC
You're stressed. You're tense. Your mind is racing. And you're stuck, feeling on empty. What if you could activate needed energy, every day, regardless of what was happening around you? Everyone has felt stuck, drained or overwhelmed, stressed about life and responsibilities. Until you identify the areas of your life where you feel powerless - it will drain your energy, strength and wellbeing. Nicole delivers 3 simple steps to go from limited to liberated so you can feel free and powerful now.

"Bringing the Protective Factors Framework to Life in Your Work"
Mandi Dornfeld, UW- Extension Winnebago County
Join us to explore and learn how to implement Strengthening Families: Five Protective Factors — a research-based framework to guide services and support for families in our communities. Content includes examples of everyday actions that research has shown to be effective in strengthening families. This highly interactive workshop offers attendees the chance to engage in self-care, program planning and a vision session to strengthen your practice. You will have the opportunity to hear from parents.
Tuesday, March 12th-
Day 1 Overview- AM Session 1

"Servant Leaders Build Relational Trust to Achieve Child Outcomes"
Tammy Holman, Asst Director of Early Head Start, Indianhead Community Action Agency
Anne Brooks, Home Visiting Coordinator, Indianhead Community Action Agency

Come with us as we share tools and a tangible work-plan on how to implement servant leadership into your current work environment. Topics that will be discussed are building relational trust, interpersonal respect, effective communication, professional currency, reflective practice to achieve child outcomes, and many other leadership tools to use as we work to impact children and families in our communities.

"Strengthening Early Relationships Through PIWI Playgroups"
Beth Boucher, Jefferson County Human Services Birth to Three Program
Jill Van Sickle, Jefferson County Human Services Birth to Three Program

Are you looking for new and meaningful ways to support the families you work with? Join this conversation around different tools and resources providers can consider to foster early relationships between young children and their caregivers. The discussion will highlight how one community is using Parents Interacting with Infants (PIWI) to create unique opportunities for providers to offer coaching and supports to the families.

"Micro Self-Care: Frequent, Small Moments of Daily Self-Care"
Jen Perfetti, Luna Perinatal Counseling & Consultation

Why does self-care often seem so easy to recommend and so difficult to integrate into our own lives? Micro self-care is the idea of developing frequent, small, manageable moments of self-care that are built into day to day life on a regular basis. Truly integrating self care means a genuine regard for your own wellbeing and respect for sustainability in work and other aspects of life. Learn strategies that you can integrate into your day to day life to achieve a more consistent sense of balance.
"From Stay Interviews to Positivity to Mindfulness - Successful Strategies for Building Employee Resilience"
Chelsea Nisbet, Waukesha County DHHS

Waukesha County recognized that the work the ALL of their Health and Human Services employees do takes a toll on them. Systems are overwhelmed, morale can be low, individuals are getting tired, and people constantly feel like the can't do enough. The response? The Employee Resilience Group, a cross-agency effort to look at the issues around chronic stress, vicarious traumatization, burnout and their impact on staff and staff retention.

"Bookmaking: Strategies to Support Family and Early Literacy"
Bev Schumacher, Learning Props

Come to this hands-on session to explore construction methods and book styles. Motivate learning by making parents and children authors. You will find practical learning experiences using common resources found in the home and in the learning environment.

"Appreciating Responsive Relationships for Caregivers: A Session for Skill-Building and Gratitude"
Blake Tierney, Mental Health America of Wisconsin
Leah Jepson, Mental Health America of Wisconsin

Appreciative inquiry is a method to highlight “what works”, facilitators and assets an individual or group perceives as supporting their success. It allows a moment of grateful reflection especially in times of transition, such as a new home visitor or supervisor. As the Coalition for Children’s Mental Health, we know one trusted relationship with an adult is integral to childhood resilience. We will share lessons about how building trusting relationships has impacted our work and ourselves. We will practice appreciative inquiry to build it as a skill, to highlight “what works” of relationships, and to demonstrate gratitude for our own relationships.
"Supporting Children by Supporting Families: Mental Health Moments at Home and in Classroom"
Amy Meorw, K3 Head Start Teacher/ MATC Early Childhood Instructor
Supporting mental health in the early childhood classroom is a key critical component in high-quality classrooms. But even more critical is assisting families with understanding the importance of supporting the mental health of themselves and their children. This workshop will focus on specific activities that can be done in the classroom, at home, and, most importantly, between parent and child. It will discuss positive, non-threatening ways to engage families and build on their current skills.

"Mind-Body Wellness Practices in Education"
Jeremiah Zuba, Freelance Mind-Body Wellness Champion
Together we will explore the intersection of mind-body wellness practices and education. This is an experiential workshop in which participants will both learn and experience social emotional learning practices to support the overall learning and well-being of both the child and educator. Topics and practices covered include mindfulness, breathwork, visualizations, somatic exercises, social-emotional learning as classroom management, and creative expression.

"Leaderships Through Purpose"
Julie Woodbury, Children's Hospital of Wisconsin
Melissa Eyers, Children's Hospital of Wisconsin
This session will engage leaders in discussion and activities designed to explore purpose, motivation, engagement, and expression. We will also explore what it means to bring your purpose and energy to your leadership role in an effort to develop and communicate a clear vision for your work, how your role is serving something greater than yourself, and how to engage your staff in exploring their purpose and increase their self-regulation skills.

"PCIT and CARE in the Community"
Kate Bennett, Children's Hospital of Wisconsin
Leah Cerwin, Children's Hospital of Wisconsin
Positive interactions between adults & children are essential for building strong relationships and promoting resiliency. Child-Adult Relationship Enhancement (CARE) is an evidence-informed intervention developed to be used by any adult who interacts with children, teaching specific skills that promote positive interactions. CARE-trained professionals at Children's Hospital of Wisconsin are training staff at agency sites and within the community to create positive environments for all children.
"Caring for Yourself So You Can Care for Others"
Mary Ann Schilling, Waushara County UW-Extension
Katie Gellings, Green Lake County UW - Extension
This workshop offers practical strategies and experiences to help you deal with the stress in your life. Managing life’s challenges in a healthy way allows you to take better care of yourself and your overall health. Topics will be explored through small group discussion, self-reflections and hands-on activities. The activities are aimed at increasing wellness, positive emotions, optimism, resilience to stress, coping skills, and self care.

"Understanding Substance Use Through a Trauma-Informed Lens"
Maria Hackbarth, UW Madison Parent Child Mental Health Programs
Lucy McLellan, FLYY
Experiential activities lie at the foundations of this presentation, with the goal of allowing participants to walk away with a felt experience of parenting within the context of trauma and substance use, not to mention their mutual impact on the parent-child relationship. Ideas as to how to start or sustain conversations about substance abuse with the families you are working with will also be explored.

"Self Care Isn’t Selfish"
Myra McNair, Anesis Center for Marriage and Family Therapy
With so much talk going on about self care, what does self care really mean? This workshop will not be about how to take day trips to the spa, bubble baths and manicures. We will learn how balance boundaries and increase self awareness which are all essential aspects of self care. Self care is necessary for prevention of burnout, it has to be done intentionally but it’s not selfish!
Tuesday, March 12th-
Day 1 Overview (Cont'd)- PM Session

"One Moment Lasts Forever: Sentinel Injuries and Shaken Baby Syndrome"
Dr. Kim Zvara, Children's Hospital of Wisconsin
Susan Kainz, Shaken Baby Association
Have you heard the expression, "No bruising before cruising"? Learn how sentinel injuries are warning signs to potential cases of Shaken Baby Syndrome/Abusive head Trauma. As a home visitor, parent educator, health care professional or prevention educator, you will get an overview of the web-based program that includes handouts. Get the tools to demonstrate how "one moment lasts forever".

"Smoke Free Spaces: Protecting Loved Ones from Tobacco Smoke"
Chelsea Tibbetts, Wisconsin Women's Health Foundation
This one-hour session takes a non-judgmental approach to discussing the health consequences of second and third-hand smoke and the importance of teaching parents and families how to protect their loved ones from tobacco smoke. The session will cover: secondhand smoke, third-hand smoke, health consequences of tobacco smoke, smoking as an addiction, tips for creating a smoke-free home and vehicle, and where to find more information and resources.

"Our Families- Our Community- Our Well-Being"
Peggy Wiedmeyer, FRC of Sheboygan County
Melissa Udovich, FRC of Sheboygan County
Corrissa Frank, United Way of Sheboygan
Anne Gamoke, Plymouth School District
Luann Travis, FRC of Sheboygan County
Nancy Zipperer, Plymouth School District

Community well-being is rooted in collaborative partnership driven by a collective vision & purpose that is easily understood and accessible. Sheboygan County’s Community Partnership for Children focuses on birth to five development and resiliency. Learn how partners created two successful programs – Welcome Baby and I Screen, You Screen, We All Screen! - and their vision for the future.

Added Bonus - Session attendees are invited to a reception at Generations, an Inter-generational Center in Plymouth Wednesday evening to experience the space used for developmental screening events.
Tuesday, March 12th-
Day 1 Overview (Cont'd)- PM Session

"Powerful Partnerships: How Home Visiting & CPS Work Together to Support Families as They Navigate Mandates of the Legal System"
Agnes Ring, Family Resource Center St. Croix Valley
Robbyn Bowman, Family Resource Center St. Croix Valley

In its 20-year history Family Resource Center St. Croix Valley has built strong relationships with partners in its three-county service area. In recent years a significant increase in its caseload has come from families referred from Child Protective Services. It is difficult for CPS, in its regulatory role, to win the trust of families. Learn how through partnering, CPS and Home Visiting Organizations can achieve positive outcomes for families when the services are voluntary and confidential.

"Great at Taking Care of Others? Take Time to Take Care of YOU! Mind, Body Spirit!"
Paula Hella, UW Extension

Be a more effective caretaker-recharge your battery! Wisconsinites report on average 3.5 poor mental health days per month. Learn how to lower your stress level, increase job satisfaction and improve your quality of life. This research-based interactive program will focus on mindfulness, gratitude, resilience, living in the moment and self-care. Gain the tools to healthfully manage life’s challenges while improving your own life, your colleagues lives, and the lives of those you care for.

"Incorporating Yoga and Other Body Awareness Into Your Work"
Franchesca Vasquez, Family & Childcare Resources of NEW
Kimberly Pampel, Family & Childcare Resources of NEW

Begin to discover how yoga might be useful in your work for reducing trauma symptoms and burnout. Learn ways that we have incorporated yoga, mindfulness, and other body awareness and stress reduction strategies into our work with adults and children. Come ready to brainstorm ways to utilize these useful tools into your daily work. Practice some simple activities that you can share with others. Walk away with a personalized self-care jar incorporating helpful ideas learned in this session.
Thursday, March 14th-
Day 3 Overview
Full-Day Institutes

"Compassionate Resilience: A Toolkit of Resources to Diminish Staff and Organizational Burnout"
Sue McKenzie, Rogers InHealth
Monica Wightman, Department of Public Instruction
The compassion Resilience Toolkit is a flexibly implemented set of resources and strategies to increase compassion resilience in all staff from a system and individual perspective. Attend as a team of 2-3 people who will prepare to bring the toolkit resources to your organization. The day will include rationale for the work, how to inspire culture change, and tips for implementing the toolkit resources matched to the realities of your current work commitments and goals.

"Remembering Your Way: An Invitation to Rest, Reflect and Renew"
Stacey Otto, Nurturing Connections
Elizabeth Pupeter
We warmly invite you to join us for a unique opportunity for reflection and renewal. In this workshop we will create an accepting environment to explore the challenging concepts of burn out and secondary traumatic stress. We will discuss the impact of working with young children and their families who have experienced trauma, discover nurturing strategies for self-care, and experience expressive arts interventions that provide rejuvenation.
Thursday, March 14th-
Day 3 Overview (Cont'd)
Full Day Institutes

"Cultural Humility"
Dion Racks, Milwaukee Child Welfare Partnership
Cindy Muhar, Milwaukee Child Welfare Partnership

"More than a concept, Cultural Humility is a communal reflection to analyze the root causes of suffering and create a broader, more inclusive view of the world. Originally developed by doctors Melanie Tervalon and Jann Murray-Garcia (1998), to address health disparities and institutional inequalities in medicine, Cultural Humility is now used in social work education, public health and nonprofit management. It is a daily practice for people to deal with hierarchical relationships, changing organizational policy, and building relationships based on trust. Participants will be asked to read an article prior to participating in the workshop."

Lemonade for Life

Lemonade for Life trains professionals working with parents and caregivers on use of the ACEs Questionnaire. The goal of the Lemonade for Life program is to help prevent future exposure to ACEs while promoting resiliency and hope. The Lemonade for Life program helps individuals understand how early life experiences may have long-lasting effects on how they interact in relationships. The training conveys that individuals cannot rewrite the beginning of their story, but they can change how it ends. It is not victim blaming, but rather instills hope and responsibility for change with the individual and is a key stepping stone for self-sufficiency.
Thursday, March 14th-
Day 3 Overview (Cont'd)
Half Day Institutes-AM

Mindfulness
Mare Chapman
This training for Home Visitors and other Family Support Professionals will introduce the participants to the basic research, definition, principles and methods for cultivating mindfulness, with particular emphasis on practical ways to apply mindfulness in their work settings. Training will include lecture, experiential practice, and discussion.

Ethics and Boundaries
Patricia Parker, Milwaukee Child Welfare Partnership
This ethics and boundaries training has been developed to examine the ethical responsibilities of employees to their workplace settings. In order to fully understand the implications of employee behavior, attendees will structure discussions around the concept of moral courage. Employee responsibility for promoting ethical workplace cultures is defined as one carried by all employees of the organization and participants will apply the NASW Code of Ethics, MPSW 20 and an ethical decision- making model to common situations in organizational settings.
Thursday, March 14th-
Day 3 Overview (Cont'd)

Half Day Institutes-PM
A Simple and Comprehensive Approach to Health and Wellness
Madeline Gianforte, CORE El Centro
Carla Del Pozo. CORE El Centro
Muneebah Abdullah, CORE El Centro

This half-day session will open with a background on the importance of self-care and the impacts of not prioritizing self-care and wellness. We will then provide experiential activities for participants to engage in: mindful eating, mindful movement, the power of touch and breath, Korean-style finger hold, and auricular acupuncture. These simple techniques will provide exposure to natural healing modalities while providing take-home activities for self-care.

This is Us
Elizabeth Lanter, Anthem Blue Cross Blue Shield

This presentation will focus on understanding trauma informed care and infant mental health for our clients and for ourselves. Participants will gain an understanding of how emotional health develops in infancy, starting with learning how to co-regulate with a caregiver. Participants will learn what the universal non-verbal communication cues of stress looks like, including how it impacts our physical health, our emotional health, and our relationship with others (personal and professional).
Thanks to our Fabulous Planning Committee Members:

Lea Alexander
Jillian Clemens
Connie Dunlap
Tom Hinds
Carrie Holden
Holly Kniss
Leah Ludlum
Jillian Marx-Wenig
Cindy Muhar
Rebecca Murray
Bonnie Phernetton
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Melissa Velez