

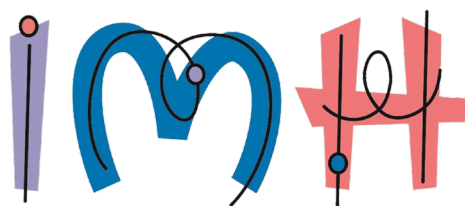


Wisconsin Infant and Early Childhood Mental Health Virtual Conference



Back to the Beginning

October 10, 2023



WISCONSIN ALLIANCE FOR
INFANT MENTAL HEALTH
— Early Relationships Matter —

WI-AIMH VALUES:

Relationships are central to all aspects of our work.

Interactions with others are defined by mutual respect and trust.

We recognize the issue and impact of systemic racism and we are intentional in taking action to dismantle systemic racism.

Open, honest, and bi-directional communication is necessary for the lived experience of our values and the accomplishment of our mission.

Our work is driven by collaborative leadership and decisions are made through collective wisdom generated by diverse voices.

We are committed to promoting self-reflection to increase awareness of our respective personal roles and responsibilities in systems of oppression, acknowledging privilege, and taking action to combat discrimination and inequities in all forms.

Reflective practice is a critical component to enhancing professional capacities, resiliency, and a balanced outlook necessary to respond to the intense, emotionally evocative nature of Infant Mental Health work.

Self-care, flexibility and professional development are critical to quality work.

We use a strengths-based model to develop and support capacities of individuals, organizations, and systems.

We recognize that we cannot be completely objective in our effectiveness of embodying these values in practice and therefore commit to seeking and responding to feedback.

updated in 2021

Schedule at a Glance

Tuesday, October 10

8:15-8:30	Welcome and Updates
8:30-9:30	Session 1 Back to the Beginning <i>Presenters: Lana Shklyar Nenide and Carrie Finkbiner</i>
9:30-9:45	Stretch, breathe, and refresh break
9:45-10:45	Session 2 Living Your Heartprint <i>Presenter: Delechia Johnson</i>
10:45-11:00	Snack and stretch break
11:00-12:45	Session 3: Keynote address The Yes Brain <i>Presenter: Tina Payne Bryson</i>
12:45-1:15	Lunch Break
1:15-2:45	Session 4 Promoting Self-regulation During Difficult Conversations <i>Presenters: Breonica Scott and Amittia Parker</i>
2:45	Closing and reminders

Handouts for all sessions can be found at our [Conference Connection](#) by clicking on the link or using the QR code below.

Look for the password in your registration confirmation or conference emails.





8:15-8:30 Welcome and Updates



Lana Shklyar Nenide, WI-AIMH Executive Director, opens the conference with a warm welcome and updates on WI-AIMH's initiatives.

8:30-9:30 Session 1

Back to the Beginning



Join Lana Shklyar Nenide and Carrie Finkbiner as they engage in a dialogue about the core concepts of infant and early childhood mental health and why it is particularly important now to “go back to the beginning.”



Presenters: Lana Nenide, WI-AIMH Executive Director and Carrie Finkbiner, WI-AIMH Director of Professional Development and Continuous Quality Improvement

9:30-9:45 Stretch, breathe, and refresh break

9:45-10:45 Session 2

Living Your Heartprint:

Leaving an Indelible Mark on the Lives of Young Children



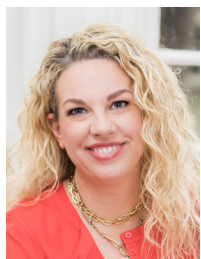
Social and emotional development doesn't just happen naturally-it needs to be taught and learned. All children have the right to equitable learning opportunities that enable them to achieve their full potential as engaged learners and valued members of society. Delechia Johnson will speak about the ways adults can provide a socially and emotionally rich learning environment to ensure that babies, toddlers, and young children learn, grow and thrive.

Presenter: Delechia Johnson, WI-AIMH Outreach & Training Lead

10:45-11:00 Snack and stretch break



11:00-12:45 Session 3: Keynote address



The Yes Brain

All of us, without exception, deal with difficult situations in our professional and personal lives. We can't change that. But the latest neurobiological research is affirming that what we can alter is how we respond to those circumstances. When we automatically respond to challenges with fear, defensiveness, and/or reactivity, this is a "No Brain" response. A "No Brain" makes it nearly impossible to listen, make good decisions, or connect with another and keeps us from offering flexible responses and finding success.

Instead, we can learn to offer a "Yes Brain" response, where we're receptive, approaching life with openness, creativity, and curiosity. In this Yes Brain state, we open ourselves to a sense of equanimity and harmony, allowing us to absorb, assimilate, and learn from new information, leading to more effective and constructive responses to the problems we face in our professional and personal lives.

In this presentation based on her book *The Yes Brain* (co-authored with Dan Siegel), Dr. Tina Payne Bryson discusses ways to cultivate a healthy, innovative, engaged approach to life. Using her trademark warmth and humor, she will discuss specific strategies for creating Yes Brain opportunities that allow us to thrive in our lives.

Presenter: Tina Payne Bryson

12:45-1:15 Lunch Break

1:15-2:45 Session 4

Promoting Self-regulation During Difficult Conversations

Difficult conversations in the workplace are inevitable. This workshop will focus on building skills for self-regulation in challenging or uncomfortable conversations. Particular attention will be given to managing emotions in conversations on race, racism, and equity. There will be time for additional reflection during a moderated Q & A at the end of the session.

Presenters: Breonica Scott and Amittia Parker

2:45Closing and reminders



Presenters

Listed alphabetically by first name



Amittia Parker, PhD, LMSW, MPA, IMH-E® Specialist is a researcher, trainer, and mama scholar. She is an Assistant Professor at Georgetown University. She provides training and technical assistance for the National Center on Health, Behavioral Health, and Safety. She also helps lead a program evaluation. Her research, scholarship, and service focuses on advancing minority mental health and equity, particularly among families that are pregnant and parenting young children. Amittia has worked for 15 years as a mental health consultant across a variety of settings, including home-based services, childcare centers, school-based services, and health clinics. This practice experience inspires her research on Black maternal mental health, mental health in higher education, behavioral health services, and natural helping. She serves in leadership roles in local, state, and national venues focused on infant and early childhood, Black communities, and Black social workers.



Breonica Scott, LMSW, is an Early Childhood Clinical Specialist with the Washington, DC Department of Behavioral Health: Healthy Futures. She received her Bachelors in Psychology with a minor in Family Studies from the University Missouri-Kansas City (UMKC) and thereafter, received her Master of Social Work (MSW) degree from Kansas University (KU). Breonica has worked for ten years across a variety of settings, including early childhood programs, hospital settings, inpatient mental health settings and school-based services. This practical experience highlighted for Breonica the importance of ensuring equity as a social worker in everyday practice and building the capacity of the adults who engage with children daily. She has a passion for Diversity, Equity, and Inclusion (DEI), mental health, and advocacy for children and their families. As a social worker, she incorporates an equity-based lens and helps to improve the social-emotional well-being of teachers, children, and their families.



Carrie Finkbiner, MS, LMFT, IMH-E® is the Quality Improvement & Professional Development Director at WI-AIMH. She has been working with children, families, and organizations for over 20 years. Carrie is passionate about supporting professionals and organizations in doing their best work. She has experience in Continuous Quality Improvement (CQI); developing and coordinating projects; providing clinical mental health treatment; and developing, delivering, and coordinating professional development. At WI-AIMH Carrie will serve as the Quality Improvement and Professional Development Director. In this role she will lead the strategic direction for CQI and workforce development and ensure WI-AIMH programs and professional development are well integrated and coordinated across the agency. Carrie earned her graduate degree in Marriage and Family Therapy from Northwestern University and her undergraduate degree in Behavioral Science and Law from the University of WI-Madison. In 2022 she completed the UW-Madison Infant, Early Childhood and Family Capstone Certificate Program. Carrie is a state trainer in the Facilitating Attuned Interactions (FAN) framework and a licensed Marriage and Family Therapist in the state of Wisconsin. She holds IMH-Endorsement® as an Infant Mental Health Mentor at the Policy designation.



Delechia Johnson, WI-AIMH Outreach and Training Lead, has 29 years of extensive training and professional experience in the field of early care and education as a master trainer in the state. She has worked in the field in various roles from a volunteer, director, educational coordinator, mentor, instructional coach, teacher and consultant. She is a professional who has been recognized as effective and impactful by her colleagues the ECE community. Delechia has established positive relationships over the years with many of the early care and education programs through providing training and consultation for many of those programs in the Milwaukee and outlying counties. Delechia received her Master's of Science in Early Childhood from Erikson Institute in 2018.



Lana Shklyar Nenide, WI-AIMH Executive Director joined WI-AIMH in 2006 to oversee professional development efforts of the agency, including state implementation of the Pyramid Model. She is now responsible for leading the agency in achieving its mission and priorities. Lana holds a Master's degree in Educational Psychology from the University of Wisconsin where she received specialized training in infant-parent mental health. Prior to joining WI-AIMH, Lana worked as a research specialist with the UW Twin Laboratories, where she evaluated infant and toddler social emotional development and coded behavioral data for the Genetics of Emotional Otogeny Project. Lana is a member of the Fussy Baby Network and provides training on the FAN framework. Lana is faculty at Wisconsin Infant, Early Childhood and Family Mental Health Capstone Certificate Program and holds Infant Mental Health Endorsement. In 2016, Lana was selected for the prestigious ZERO to THREE Fellowship.



Tina Payne Bryson, PhD, LCSW is the author of *The Bottom Line for Baby* and co-author (with Dan Siegel) of two New York Times Best Sellers—*The Whole-Brain Child* and *No-Drama Discipline*—each of which has been translated into over fifty languages, as well as *The Yes Brain* and *The Power of Showing Up*. She is the Founder and Executive Director of The Center for Connection, a multidisciplinary clinical practice in Southern California. Dr. Bryson keynotes conferences and conducts workshops for parents, educators, and clinicians all over the world, and she frequently consults with schools, businesses, and other organizations. An LCSW, Tina is a graduate of Baylor University with a Ph.D. from USC. The most important part of her bio, she says, is that she's a mom to her three boys. You can learn more about Dr. Bryson at TinaBryson.com.

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