

Super Saturday!

A Virtual Foster Parent Training Event
focused on **Natural Strength Parenting™**

Session Descriptions

9am -10am

Keynote Address from Jim Mason

Why Natural Strength Parenting? Hear from Beech Acres' President and CEO Jim Mason about how this philosophy of parenting was developed and how intentionally and mindfully focusing on your child's strengths can change your family dynamic for the better.

Trainer: Jim Mason

10am-12pm

Crisis De-escalation (Part 1)

When working with a foster child in crisis, you need to have a specific plan for supporting your child. Because behavior is communication, you can help to effectively de-escalate crisis situations by responding in intentional, strength-based, and mindful ways. This training will help you to better understand your child's behavior, identify different stages of a behavioral crisis, and provide tools for intentional, strength-based, mindful interventions.

YOU MUST TAKE BOTH PART 1 AND PART 2 FOR CREDIT

Trainers: Nancy Moore & Amy Blankenship

Natural Strength Parenting Starter Kit

Natural Strength Parenting encourages adults to be intentional and mindful in their parenting and caring for children, while focusing on the child's innate strengths. Building on their strengths will increase their confidence, self-esteem and resilience all which lead to a positive well-being. This session will introduce specific tools that align with intentional, strength-based, and mindful parenting practices to get you started on your journey.

Trainer: Kerry Brown

Self-Care Isn't Selfish

Parenting is stressful! When you add the impact of trauma, compassion fatigue can leave foster parents feeling drained. This session will explore how mindfulness, self-compassion, and character strengths can be used for self-care. You will be challenged to create an intentional plan to recharge.

Trainers: Deanna Martin & Anne Wallace

1pm-3pm

Crisis De-escalation (Part 2)

When working with a foster child in crisis, you need to have a specific plan for supporting your child. Because behavior is communication, you can help to effectively de-escalate crisis situations by responding in intentional, strength-based, and mindful ways. This training will help you to better understand your child's behavior, identify different stages of a behavioral crisis, and provide tools for intentional, strength-based, mindful interventions.

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Trainers: Nancy Moore & Amy Blankenship

The Power of Affirmation – A Consistent Approach (1-2pm)

Affirmation comes from its root word "affirm" which is a verb that means to show or express a strong belief in or dedication to something or someone. In this session we explore how to do this with children and why. More importantly we discuss how to remain consistent in our application of affirmation and its close relationship to self-esteem, trust, and longevity.

Trainer: Robert Johnson

Mindfulness With Kids (2-3pm)

This training is for those who can handle a little “woo”! Bring your sense of adventure as we explore experiential engagement with mindfulness practice. Jenni will lead you through a group mindfulness exercise in self-care so that you can experience the serenity that mindfulness can bring. Have some wonderful smelling hand lotion or essential oil handy, because you’re going to need it! Participants should also have a morsel of food (candy, chocolate, gum, mint, or a raisin) ready to go for the training. Participants will be presented with different mindfulness activities that can help both parents and children to find their inner calm. Hang on to your hat, because we are going to try out some of these mindfulness activities!

Trainer: Jenni Cattran

Parenting With Joy

Parenting has great moments and moments that are not so great. Parenting children in today’s world can be ever so challenging with all the things children have to deal with; COVID-19, pressure from social media, stress and anxiety from peer pressure, family dynamics and social isolation just to name a few. Parenting with Joy will introduce Natural Strength Parenting using the very tools that are natural to parents; Intentional, Character Strengths and Mindfulness. This workshop will empower parents with practical tools and tips to use when feeling both joy and stress in parenting in today’s world.

Trainers: Jaimi Cabrera & Linda Felder

3pm-5pm

Rules & Policies

Updates to state rules and agency policies will be presented. This training promotes safety for all foster children and helps foster parents to remain in compliance with state, local, and agency requirements.

This session is only open to currently licensed Beech Acres foster parents.

Trainer: Candace Caudill

From Power Struggles to Powerful Solutions

Power struggles are a common among parents and children of all ages. We all need a little power to feel like we have some control over our lives, even kids! Sharing the power does not mean we are giving in or losing the battle. Sharing some power with our kids teaches them how to make their own choices and live with the consequences of those choices.

Trainer: Amanda McDermott

Intentional Technology

Technology has a massive impact on all of us, but it is specifically geared for grabbing the attention of our children. We will identify ways to talk to your children about technology, screen time, and social media. Being 'intentional' to create a strength-based family plan can help manage 'technology' in your family.

Trainer: Craig Dobson

6pm-8pm

CARE Refresher

Child-Adult Relationship Enhancement (CARE) is a trauma-informed practice that uses skills to connect with children through play and redirect problematic behaviors. It can be used with children of all ages. This CARE Refresher course will provide an overview of CARE skills with opportunity for practice and questions.

This session is only open to Beech Acres foster parents who have previously completed CARE Initial.

Trainer: Candace Caudill

Identifying and Using Your Child's Strengths

During this session, we will explore your unique character strengths and the unique strengths of your children. We will bring together positive psychology and social-emotional learning strategies to support success. Everyone will leave with practical strategies and tools that they can begin utilizing to introduce character strengths to families and integrate strengths into daily life.

Trainer: Corey Hatfield

Meet the Trainers

Amy Blankenship graduating from the University of Cincinnati in 1999 with a BA in Sociology and a BS in Early Childhood Education and has taught PK-1st grade in a variety of settings. She also directed The Goddard School in Anderson Township for 10 years. In 2009, she graduated from NKU with a MS in Clinical Community Counseling, starting her own private practice shortly afterwards. She came on board with Beech Acres Parenting Center as a child and family therapist in May of 2014. In her spare time, she loves to walk her dog, connect with nature, engage with her own children and family, listen to music, and spend quiet time to herself.

Kerry Brown is a parenting specialist with Beech Acres' *Parent Connex* program. In addition to providing expert support to parents in pediatrician's offices, she also regularly hosts Beech Acres Live on Fridays at 10am.

Jaimi Cabrera, LISW-S, is the Director of *The Character Effect™* at Beech Acres Parenting Center where she has worked for the last 13 years. She is an experienced clinical social worker who has worked in both behavioral health treatment and prevention. She has focused her work on looking at clinical and universal interventions to create system change for children, parents and communities, to help everyone thrive. Jaimi specializes in mindfulness and has a strong passion and belief in the power of a regular mindfulness practice both professionally and personally.

Jenni Cattran is a Licensing Specialist in the *Foster Care & Adoption* department at Beech Acres Parenting Center. Her role consists of training and licensing new foster families. Jenni holds a Bachelor of Arts in Philosophy from Northern Kentucky University (emphasis in Eastern Philosophy) and a master's degree in Social Work (Administration and Macro Practice Track) from the University of Cincinnati. Jenni has been trained in Comprehensive Energy Psychology and loves to help others relax with the help of tapping and therapeutic tuning forks.

Candace Caudill has been part of the *Foster Care & Adoption* Department at Beech Acres since 2017. She draws on her background in secondary education and her own experience as a foster/adoptive parent in her role of Training Specialist. A self-ascribed "nerd," her strength of curiosity energizes her to explore new things.

Craig Dobson graduated from Lipscomb University, Master Program for Professional Counseling in 2010. He has experience working in private practice doing Individual, Couples, and family therapy and at Vanderbilt Medical Center Behavioral Health Department. He joined Beech Acres in 2015, and is now the *Beyond the Classroom* Team-Lead at Sands Montessori. Craig says, "I have been married to the world's most amazing person Erin for 10 years, and we have two super funny (most of the time) kids, Elle & Denver."

Linda Felder has been working with Beech Acres for 6 years engaging parents and families in various schools and programs. She has a BS degree in Communications and a Master of Divinity degree which

explains her love for humankind. Linda started working with families when she opened a Family Day care center when her own children were young - she's a grandmother now. Her role as Specialist for Parent Engagement with *The Character Effect™* allows her to speak with parents about the innate character strengths their children have and how to spot those strengths in everyday life.

Corey Hatfield has been part of *The Character Effect* at Beech Acres since 2017. He has his master's degree in School Counseling and loves working with teachers and families to enhance the natural strengths in kids. He also hosts the podcast *Corey's Got Questions* to bring current psychological research to everyday people.

Robert Johnson has 17 years of experience working in behavioral health in various capacities. Currently, he oversees School-Based Behavioral Health Services provided at Mt. Washington school in Beech Acres' *Beyond the Classroom* Program. Robert spent most of his childhood in an unsuccessful adoption, a group home, several foster homes, and emancipated from foster care immediately after graduation from high school. His combination of personal and career experience gives him an insightful understanding of what a child may need. He is married to Lundon Johnson (11 years) and they have two boys, Robert Johnson, Jr., 8 years old, and Rylan Johnson, 16 months. Robert also serves as Worship and Music Director at his church.

Deanna Martin is a Senior Specialist with *The Center of Excellence* and Licensed Professional Clinical Counselor. She has spent much of her career fostering the wellbeing of teachers, elders, youth/young adults, and health care workers. She knows how stress can greatly impact our relationships and the wellbeing of ourselves and our families. She has experienced how mindfulness, self-compassion and strength practices can powerfully bring comfort and healing to ourselves, each other and our communities.

Amanda McDermott is a mother of 2; a 10 year old boy and a 14 year old girl. She has been working at the Beech for 3 years and currently works with students and families at the CISE elementary schools in Cincinnati in the *Beyond the Classroom* program. Amanda loves to spend time with her kids playing games, hiking, vacationing, and watching tv/movies.

Nancy Moore is a professional Social Worker and Co-Active Coach in Cincinnati, Ohio. Her passion in the field of mental health drives her to enhance knowledge and skills for professionals, educators and families. She is a skilled trainer and regularly presents on topics throughout the US and Africa. Nancy enjoys working with youth, families and other professionals to identify creative solutions to meet needs, improve skills and confidence.