

The 28th Annual Conference
**New Hampshire Association
for Infant Mental Health (NHAIMH)**

September 21 & 22, 2023
University of New Hampshire
Durham, NH
Holloway Commons



First Relationships:
**Fostering Emotional
Resilience From the Start**

With Keynote Speaker: Claudia M. Gold, MD
Pediatrician • Infant-Parent Mental Health

*This program has been approved for 11.5 CEUs from the
NH Association of Marriage and Family Therapy. CEU application pending.*

2023 NHAIMH CONFERENCE AT A GLANCE

THURSDAY 9/21/23

8:00 - 8:45 AM	Registration and Continental Breakfast *
8:45 - 9:00 AM	Welcome
9:00 - 12:00 PM	<u>Keynote</u> Getting to Know You: Lessons in Early Relational Health from Infants and Caregivers
12:00 - 1:00 PM	Lunch (Catered) *
1:00 - 2:30 PM	<u>Session A</u> • CPP: Using Relationships to Help Children and Families Heal from Current and Historical Trauma <u>Session B</u> • Screen Technologies Change, Children's Developmental Needs Do Not
2:30 - 2:45 PM	Break
2:45 - 4:15 PM	<u>Session C</u> • Re-building the Road of Regulation: Developing Trust in Traumatized Attachment Systems <u>Session D</u> • Behavior and Early Relationship Development
4:15 - 4:30 PM	Break
4:30 - 5:30 PM	<u>Session E</u> • Simply Child's Play: Fostering Resilience Through Joyful Play <u>Session F</u> • Building Healthy Families from the Start: Healthy Families America NH

FRIDAY 9/22/23

8:00 - 8:45 AM	Continental Breakfast *
8:45 - 10:15 AM	<u>General Session</u> Engendering Bravery: Guidance for Supporting Anxious Toddlers and Anxious Parents
10:15 - 10:30 AM	Break
10:30 - 12:00 PM	<u>Session G</u> • Cultural Humility Through Self-Reflection and Lifelong Learning <u>Session H</u> • Wraparound and the Power of Team
12:00 - 1:30 PM	Lunch (on your own)
1:30 - 3:00 pm	<u>Session I</u> • Strengthening Social and Emotional Development Through Screening <u>Session J</u> • Encourage Peers. Inspire Change: How New Hampshire's DCYF is Promoting Workforce Resilience

** Food allergies and meal preferences can be communicated via email to nhaimh@gmail.com*

KEYNOTE SPEAKER • THURSDAY 9/21/23 • 9:00 AM - 12:00 PM

Getting to Know You: Lessons in Early Relational Health from Infants and Caregivers

Claudia M. Gold, MD

We live in a time of high anxiety in the wake of a global pandemic and reckoning with social injustice. A pervasive sense of uncertainty may lead people to cling to certainty to help ease their anxiety. In work with families with young children, the exact opposite—an openness to not-knowing—can act as our superpower.

The meeting of caregiver and newborn represents the prototype of two people, each with their own unique self, getting to know each other. The not-knowing stance creates space for meaningful moments of connection. Strung together over time, these moments protect our minds and bodies from the debilitating effects of stress and fear, helping to build a sense of belonging.

This presentation will address core early relational health principles including the repair theory of human development, parental reflective functioning, and the healing power of safety. Contemporary developmental science research will be integrated with clinical stories to reveal the power of playing in the uncertainty, both to promote healthy development and to heal from adversity and loss.

Learning objectives

- Understand the role of mismatch and repair in healthy and derailed infant development
- Apply the repair theory of human development to clinical work with infants and caregivers
- Recognize the value of working with families from a stance of not-knowing
- Consider trauma-informed care from the perspective of meaning making in relationships
- Discuss the role of loss and mourning in healing from developmental disruption

About the Presenter:

*Claudia M. Gold, MD is a pediatrician and writer who practiced general and behavioral pediatrics for over 20 years and now specializes in early relational health. She is on the faculty of the Early Relational Health Fellowship at the University of Massachusetts Chan Medical School, and the Brazelton Institute at Boston Children's Hospital. Dr. Gold has extensive clinical experience with rural communities, immigrant populations, and families struggling with substance use. She is a clinician with Volunteers in Medicine Berkshires and director of the Hello It's Me Project, a program designed to bring early relational health principles to high-need, low-resourced communities. She is the author of four books, most recently *The Power of Discord: Why the Ups and Downs of Relationships are the Secret to Building Intimacy, Resilience, and Trust* with co-author Ed Tronick (Little, Brown Spark 2020) with a new book for *Getting to Know You: Lessons in Early Relational Health from Infants and Caregivers* forthcoming (Teachers College Press 2024). She speaks frequently to a variety of general and professional audiences both nationally and internationally, and writes regularly for her blog *Child in Mind*. She graduated from the University of Chicago and U of C Pritzker School of Medicine.*



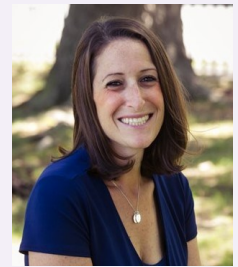
Session A

CPP: Using Relationships to Help Children and Families Heal from Current and Historical Trauma

This workshop will introduce and describe Child Parent Psychotherapy (CPP), an evidence-based practice for young children from birth through age five and their parents/caregivers that helps families heal and grow after a traumatic experience. CPP focuses on enhancing the attachment relationship as a vehicle to restore safety within the family. CPP helps families make connections between their experiences and their feelings/behaviors and seeks to understand (rather than "fix") concerning behaviors. In CPP, we "speak the unspeakable" and provide a safe and nonjudgmental space for children and families to understand the connections between their trauma and their current symptoms.

About the Presenter:

Dr. Beth Ketainck is a licensed clinical psychologist who has been practicing in the Children's Intervention Program (CHIP) at Riverbend Community Mental Health, Inc. in Concord, NH since 2012. Dr. Ketainck has focused her studies and clinical work on the unique mental health needs of young children, adolescents, and their families, and maintains a particular interest in the short-term and long-term impacts of early exposure to traumatic experiences. She has been practicing Child Parent Psychotherapy (CPP) since 2012, leading Riverbend's CPP program and consultation team since 2014, and is currently in the process of becoming a NH certified state CPP trainer.



Session B

Screen Technologies Change, Children's Developmental Needs Do Not. Tools and Strategies for Prioritizing Healthy Development Across Early Learning Environments.

The presence of screen technologies across early learning environments – including home, childcare, classroom and public settings – creates a complex developmental landscape. This workshop introduces a versatile framework for cultivating screen awareness across contexts and explores the newly launched Screen Aware Early Childhood Action Kit, a free, printable, research-based resource collection designed to support the diverse needs of children, families and the early childhood professionals that serve them.

About the Presenters:

Jean Rogers is Director of the Screen Time Action Network at Fairplay, a certified parent educator, author and speaker on screen time and child development. The Action Network is an international collaborative community of practitioners, educators, advocates and parents working to reduce excessive and harmful screen use in childhood and keep kids safe online. Jean works to create partnerships and resources that provide practical support to professionals serving families in the digital age.



Patricia Cantor has presented extensively about screen media and children at regional and national conferences and at workshops for families and early childhood professionals. She co-authored the book *Techwise Infant and Toddler Teachers: Making Sense of Screen Media for Children Under 3*. Cantor, a member of Fairplay's Screen Time Action Network's Advisory Board, is a former preschool teacher and was a faculty member in Early Childhood Education for over 30 years at Plymouth State University.



SESSIONS C & D • THURSDAY 9/21/23 • 2:45 PM - 4:15 PM

Session C

Re-building the Road of Regulation: Developing Trust in Traumatized Attachment Systems

This workshop will utilize a biopsychosocial and cultural lens to understand stressors that begin at pregnancy and effect the attachment system. The presentation will offer ways of assessing for trauma in systems, cultivating trust, and make suggestions across discipline for intervening to best support healthy child development.

About the Presenter:

Dr. Megan Turchetti is a NH licensed psychologist who has spent her career focusing on the effects of trauma in early childhood in a community mental health setting. Dr. Turchetti's areas of expertise include Child Parent Psychotherapy; Eye Movement Desensitization and Reprocessing; MATCH; and Trauma-Focused Cognitive Behavioral Therapy.

Session D

Behavior and Early Relationship Development

The Behavior and Early Relationship Development session will address early childhood and parental behaviors that can impact the development of healthy attachments/relationships. Topics such as infant mental health, sleep challenges, structure and other contributions to behaviors impacting relationship development will be covered through this presentation. Resources and basic interventions to address challenges will be offered during this session.

This presentation is appropriate for professionals, parents and other supports..

About the Presenter:

Nicole Dionne has worked in the mental health field for over 18 years, primarily with youth who are aged 0-22. Her areas of expertise are with youth who have experienced trauma (including complex trauma), early intervention (0-5), Autism and developmental diagnoses. Nicole is a Licensed Clinical Mental Health Clinician in New Hampshire and a nationally Board Certified Behavior Analyst. In 2023, Nicole Dionne was the winner of the NHAIMH "Award of Excellence" for her contributions to the field of infant mental health in New Hampshire.



Session E

Simply Child's Play: Fostering Resilience Through Joyful Play

One simple way to support healthy and resilient child development is thru play. This hands-on, interactive workshop will make the connection between the research around building resilience and the simple act of play. Participants will leave with strategies they can implement immediately to infuse more joyful play into their practice with little or no special materials or equipment required.

About the Presenters:

Charna Aversa, M.Ed. has worked in the field of Early Childhood Education for 24 years. Her passion for ensuring that all children have what they need to be successful in the classroom is fed by her work as a PTAN Consultant and Program Coach for Pyramid Model Implementation sites in NH.

Christine Bell, CDA began as a Head Start teacher 25 years ago and continues to nurture her passion for educating and supporting children and families to reach their fullest potential through her work today. Christine has been a Pyramid Model practitioner, leader and advocate since 2005.



Session F

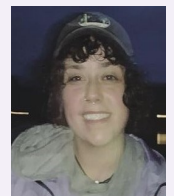
Building Healthy Families from the Start: Healthy Families America NH

Healthy Families America (HFA) is a national, evidence-based home visiting model connecting pregnant and newly parenting families with an early childhood home visitor. The home visitor works with families to build community and capacity, connect the family with preventive resources and promote positive parent-child interaction and healthy growth and development, all while preventing abuse and neglect. Home visitors support families through building protective factors, while helping them set and achieve goals related to parenting and economic self-sufficiency. In this session, presenters will provide an overview of the HFA NH program; how to refer and what makes HFA different from other home visiting programs. In addition, participants will experience activities used by home visitors to promote positive parent-child interaction using every-day items found around the house.

About the Presenters:

Ryan Marchand is a Family Support Specialist with Healthy Families America (CAP), an organization that aids families in nurturing connections prenatally and beyond, providing home visits, information, and resource connection for families in Belknap County.

Athena Valkanos graduated from UNH in 2018 with a dual major BA in sociology and sustainability. She began her early childhood education career in 2021 and earned her early childhood education certification in 2022. Athena joined Waypoint as a Family Support Specialist/Home Visitor in October 2022. Since then, she has never felt more rewarded in her career life.



GENERAL SESSION • FRIDAY 9/22/23 • 8:45 AM - 10:15 AM

Engendering Bravery: Guidance for Supporting Anxious Toddlers and Anxious Parents

Dr. Nicholas Mian

Parents are the most influential figures in the lives of young, anxious children, and how they approach their child's anxiety can have broad developmental consequences. This presentation will: 1) Provide information on the presentation and course of anxiety symptoms/disorders in toddlers and preschool-aged children, 2) Describe the relationship between parenting and young children's emotional development, and 3) Teach how to promote evidence-based parenting approaches that, rather than exacerbating anxiety, engender "brave behaviors."

Learning Objectives:

- Describe the presentation of anxiety in young children, including when it should be considered a problem
- Describe approaches to parenting that affect emotional development
- Describe evidence-based, anxiety management approaches that can be taught to parents

About the Presenter:

Dr. Nicholas Mian is a Licensed Clinical Psychologist and Associate Professor of Psychology at the University of New Hampshire, Manchester campus. Dr. Mian's academic research focuses on the assessment, treatment, and prevention of anxiety disorders, especially in young children. His scholarly work is featured in peer-reviewed journals and several books. Dr. Mian also maintains a private practice, in which he specializes in emotional disorders in children and young adults, especially anxiety disorders.



Session G

Cultural Humility Through Self Reflection and Lifelong Learning

Building on the concepts of cultural competence, Cultural Humility increases providers' ability to support families in a judgement free and inclusive environment. Through critical self-reflection, participants will learn to challenge their existing bias and commit to shift inequitable power dynamics. Discussion on the importance of lifelong learning will help participants work towards accepting humility as a tool to make space for what they don't yet know.

About the Presenter:

Elizabeth Sommers, MA, has worked in Special Education for 17 years with children ages birth to 22. While working in Early Intervention, she co-founded and led "Better Together: Parenting One Week at a Time", a supportive parenting program for mothers in opioid misuse recovery. She now supports Family Centered Early Supports & Services statewide at the State of NH Part C Office.



Session H

Wraparound and the Power of Team

New Hampshire's Children System of Care provides a framework that is designed to ensure children (birth to 21) and their families receive an array of supports and services across a continuum of care. The Early Childhood Wraparound program is overseen by NH DHHS and provided by Care Management Entities (CME) within the System of Care continuum. The CME's provide an evidenced-based practice, in which intensive care coordination is utilized to support young children and their family's needs and strengths. A uniquely trained care coordinator will facilitate organized child and family teams in efforts to build a Plan of Care including the 'right' blend of strategies, supports and services.

About the Presenters:

Daryll Tenney has provided care coordination, therapeutic behavioral interventions, family therapy, mediation, and youth driven High-Fidelity Wraparound support within community mental health, higher education, and state government for nearly 20 years. With a Master's of Science in Couples and Family Therapy and a Master's in Health Education and working for the Bureau for Children's Behavioral Health with NH DHHS, Daryll brings this knowledge to help manage, sustain and transform New Hampshire's Children's of the System of Care.



Laurie Foster's commitment is to provide hope, help, and access to supports and services for families affected by mental illness. Laurie currently oversees Family Peer Support Specialists at NAMI New Hampshire for the FAST Forward and Early Childhood Wraparound programs.



Hannah Maynard Yung has always loved working with young children and has done so in every aspect of her career: specifically in very young children's behavioral health. Hannah is currently the Program Specialist for Early Childhood Mental Health at the Bureau for Children's Behavioral Health at DHHS NH.

Melissa Davis' passion has always been the parent-child relationship and the effects of trauma in child development. Melissa is a licensed clinician rostered in CPP and currently oversees the statewide Early Childhood Wraparound program through NFI North.

Session I

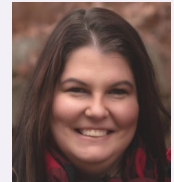
Strengthening Social & Emotional Development Through Screening

During this presentation participants will learn about the importance of social and emotional development in young children and how screening tools can help support and promote healthy social emotional growth. Participants will be able to take a look at the SE screening tools available to them in NH and how to access these tools for their organizations. Participants will also learn about the pivotal role that screening data has in improving the systems of care around social emotional development and how it can improve outcomes for families from the ground up.

About the Presenters:

Jenn Pineo is mom to Logan, MJ and Ashleigh. She is the Learn the Signs Act Early Ambassador, a certified Ages and Stages (ASQ) trainer, and co-lead for the Watch Me Grow Stakeholder Team.

Carly Ireland, mother to Mirabel, is the Developmental Screening Coordinator and a certified Ages & Stages (ASQ) trainer for NH Watch Me Grow, at NHFV.



Session J

Encourage Peers. Inspire Change: How New Hampshire's Division for Children, Youth and Families (DCYF) is Promoting Workforce Resilience

The New Hampshire Division for Children, Youth and Families recognizes the value of connection in building a resilient workforce. One way the Division is promoting connection is through an internal program called EPIC (Encourage Peers. Inspire Change) consisting of DCYF colleagues dedicated to supporting the psychological safety needs of the workforce. During this session, you will hear about the work being done at DCYF to promote employee wellness and ways you can replicate this work in your own organization. You will have an opportunity to participate in activities that promote connectedness and build resiliency.

About the Presenter:

Tracey Bombaci has been in the social work field for the last 30 years supporting children and families. Her experience includes foster care, adoption, reunification, forensic evaluation, early intervention and program management. For the last three years, she has been the Clinical Services Specialist for New Hampshire's Division for Children, Youth and Families addressing issues impacting the workforce including secondary trauma and burnout.

Conference Information

Registration deadline is September 14, 2023

REGISTRATION

<u>FEE INFORMATION</u>	Registration Fee**	CEUs (optional)
NHAIMH Member Not a member? Join now!	\$160.00	free
Non-Member	\$225.00	\$10.00
Student	\$75.00	\$10.00

Registration fees are non-Refundable (but is transferrable). No one day registration fee.

** Registration fee includes:

Continental Breakfast and snack breaks on Thursday & Friday, Catered Lunch on Thursday

HOW TO REGISTER:

[Click here](#) to register for this event. We encourage payment to be made directly on the website at the time of registration.

If you are unable to pay online, mail your check to: NHAIMH (payee)
PO Box 1421
Concord, NH 03302

CEUS

This program has been approved for 11.5 CEUs from the NH Association of Marriage and Family Therapy. CEU application pending. Continuing Education Units are available to all participants. Indicate your interest in earning CEUs on the registration page. It is possible to sign up for CEUs at the conference, however we encourage signing up for CEUs online as part of the registration process.

A Certificate of Attendance is issued to all attendees

LODGING

A block of rooms has been reserved at the Holiday Inn Express Durham, NH, at a discounted rate of \$111.00 + tax. To receive the discount, reserve by phone at 603-868-1234 and reference NH Association of Infant Mental Health. Parking is limited, one car per room.

Other lodging options can be found [here](#).

Benefits of becoming a NHAIMH Member

Conference Discounts • Free membership activities and trainings • Listing in Member Directory • Professional Networking Opportunities • Mini-grants to support trainings and projects

MEMBERSHIP RATES: **Individual** - \$55 per person
 Group (4 or more from the same organization) - \$45 per person
 Student - \$35 per person

To become a member, [click here](#) • Visit our website, [click here](#) • Email us at nhaimh@gmail.com



When we invest in children, we invest in our community.
Healthy Families NH is a home visiting program that partners with families to build protective factors, because childhood lasts a lifetime.
To find a program in your area, visit www.healthyfamiliesamericanh.org



We are here to help you.

NFI North Early Childhood Wraparound

Raising a child shouldn't be done alone.

The Early Childhood Wraparound program uses the NH wraparound model to get you the help you need. We offer long term support that works.

- For infants, toddlers, and children ages birth through age 5
- Services are individualized
- Guided by underlying needs
- Strengths and Outcome based
- A collaborative team-based process



NFI North Early Childhood Wraparound



FOR MORE INFORMATION:

Reach out to Program Director Melissa Davis
603-496-0458
MelissaDavis@nafi.com





The Moore Center
Creating opportunities for a good life.™



FULL TIME - PART TIME - WEEKENDS

Join a great team and make your community a better place! Check out our careers page at: moorecenter.org/moorejobs



The Moore Center is an award-winning nonprofit, serving people with intellectual and developmental disabilities and acquired brain disorders for over 60 years.

We provide compassionate, quality services to people from early childhood through adulthood and end-of-life care.

“Creating opportunities for a good life” isn’t just our tagline - it’s our mission.



**NEW HAMPSHIRE
 BIRTH to 3**

**FAMILY CENTERED
 EARLY SUPPORTS & SERVICES**

NH Birth to 3: Family Centered Early Supports and Services provides coaching by qualified professionals to children and families who have, or are at risk for, a developmental delay or disability. Through coaching families learn new skills to enhance their child’s growth. Serving children birth thru 2 years of age, services are provided in a home, or other familiar settings at no out-of-pocket cost to families.



Supporting
 Children and
 Families
 Since 1850

**Proud to
 partner with
 NHAIMH
 Conference**



WAYPOINT
 Help Along the Way
waypointnh.org

**NEW HAMPSHIRE
 Children’s Trust**
New Hampshire chapter of the National Child Abuse Association



**WHEN FAMILIES
 ARE STRONG
 CHILDREN
 THRIVE**



Leading the drive to ensure safe, stable, and nurturing environments for children across New Hampshire.

www.nhchildrenstrust.org

Thank you to our sponsors



NHAIMH's Mission:

The New Hampshire Association for Infant Mental Health works to ensure healthy social-emotional development before birth and beyond. We promote evidence-based and evidenced-informed practices to strengthen collaboration, services and supports for families with infants and young children.

NHAIMH's Vision:

The New Hampshire Association for Infant Mental Health is recognized as a leader in raising awareness, offering education and fostering collaboration to ensure health social and emotional development before birth and beyond.