

GAP Conference—March 15, 2018
Workshop Descriptions

9:00-10:30 AM—KEYNOTE ADDRESS

Paris Goodyear-Brown

Becoming a Safe Boss: Attachment, Trauma and Co-Regulation

The workshop is for all the “safe bosses” of children—grandparents, kinship care providers, and foster and adoptive parents, as well as moms and dads who want to be “bigger, stronger, wiser and kinder” for the children in their care. Understanding the importance of the attachment dance, the neurobiology of trauma and its impact on the developing brain and how to put “skin” on your role as the safe boss can make all the difference for a hurting child. These ways include hearing their pain and unmet needs, organizing their feelings and building coherent narratives of the scary things they have experienced. Come and learn how to hold “hard stories” for the children in your care.

10:45 AM– 12:00 PM WORKSHOP SESSION ONE

1. Navigating the Legal Path to Guardianship, Custody & Adoption

Jenny Scott, Attorney at Law

An overview of current law; basic process and considerations for grandparents and other relatives in seeking guardianship, custody and adoption

2. Shedding Light on Synthetic Drugs and Opiates

Mary Beth Uberti, Operation Parent

Learn about synthetic marijuana and its effects on the body. Discuss the abuse of prescription drugs by our youth and warning signs of use and abuse of opiates.

3. Taking Care of the Caregiver

Martha Sparks, Author and Caregiver

You are not alone. There are a lot of caregivers with the same problems you have. Learn how to avoid letting caregiving destroy your self-esteem, ways to take breaks from caregiving and why the successful parenting methods you used with your first children do not work with the grandchildren. Relieve stress by learning why your grandchildren act like they do.

4. Tips and Resources for Your Child with Autism

Tanya Sturgill, Fayette County Public Schools

In this session participants will review information regarding school and community support for children with autism and some quick tips on helping their children understand and follow routines at home.

Continued on the next page

1:00–2:00 PM WORKSHOP SESSION TWO

5. Advocating for Kinship Children and Families

Shannon Moody, KY Youth Advocates

This workshop will provide information on the importance of lifting up the voices of kinship families in order to create systems change through the Kinship Families Coalition of Kentucky. The workshop will also provide information on recent policy changes that directly affect kinship families.

6. What to do About My LGBTQ Child

Linda Angelo, PFLAG and Panel

Hear from a panel of family members who have children who are LGBTQ (lesbian, gay, bisexual, transgender, queer/questioning) and from adults who are LGBTQ who can address how their families' responses impacted them. What happened in the beginning? What has changed? What have they learned?

7. Your “Other AAA”—The Area Agency on Aging

Mary Crowley-Schmidt, Bluegrass AAA

The AAA is a best kept secret waiting to be discovered. Learn about the many services funded through the federal and state governments that can support grandparents and relative caregivers.

8. The Care & Feeding of Grandchildren: Helping Kids Navigate the Childhood Obesity Epidemic

Jackie Walters, University of KY

The USDA Dietary Guidelines for Americans will provide a basis for determining a healthy eating plan for children of varying ages and genders. Presentation and discussion will identify social influences and barriers to good nutrition.

2:10– 3:30 PM FEATURED SESSION

Paris Goodyear-Brown

Creating Safe Circles: Helping Caregivers Hold “Hard Stories”

Many times traumatized children are crying out for their grown-ups to understand their misbehavior and fears in new ways. These ways may include hearing their pain and their unmet need, organizing their feelings and building coherent narratives of the scary things they have experienced. Come and learn how to hold “hard stories” for the children in your care.