

**2022**

**Wisconsin**

**Infant and Early Childhood**

**Mental Health Conference**

**The Power of Connection**

**October 10-12, 2022**

We acknowledge the tremendous stress and trauma that our infant and early childhood professionals working in multiple systems and across all disciplines have endured and survived throughout the continuing COVID-19 pandemic.

We honor your commitment, resilience,  
and grace in carrying on our critical work in such challenging circumstances.

***You*** make a difference.  
Thank you.



# Conference Schedule and Information

## 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*

## Monday, October 10

- 9:30-10:45 ..... Session 1
- 10:45-11:00..... Stretch break
- 11:00-12:15..... Session 2
- 12:15-1:45 ..... Lunch Break
- 1:45-3:00 ..... Session 3
- 3:00-3:15 ..... Break
- 3:15-4:00 ..... Session 4

## Tuesday, October 11

- 8:30-10:00 ..... Session 5: Keynote Address
- 10:00-10:30 ..... Break
- 10:30-11:45..... Session 6
- 11:45-1:00..... Lunch Break
- 1:00-3:15 ..... Deep Dive Session 7

### Registry Credit

If you track your PD through Wisconsin Registry, you must complete the form at the QR code at right or follow the [link](#) at the Conference website under Certificates.



### Raffle Prize Drawing

You can view raffle selections on our conference website. Virtual attendees names will be added based on their selections from the linked form shared in the Monday email.

The prize drawing will take place on Wednesday, October 12. Prize winners will be notified by email.

### Session Handouts and Evaluations at the Conference Connection page

Your feedback is important to us so we've made it super easy for you to complete an online evaluation for each session. (You do NOT need to log into a Google account.)

1. Follow the link in your morning conference email.
2. Click on the link on our [Conference Connections page](#).



Conference Chair: Tina Hogle

# Monday, October 10

## Monday, October 10

9:30-10:45

### SESSION 1



Carol Noddings-Eichinger,  
IMH Consultant

#### Building Resilience in Tumultuous Times

The past two years have exhausted many. Who takes care of the healers so that we can continue to hold others through these tumultuous times? This session will focus on “finding a place to rest in the middle of things,” as well as how to understand neuroplasticity in order to help our brains “take in the good” as vitamins to restore our capacity to witness and hold difficult events/times with better clarity and endurance. We will explore some beautiful guidance through the HEAL process created by Dr. Rick Hanson, as well as the Five Invitations from Frank Ostaseski. Designed primarily for clinicians and other healers, this session could be of use to all who are weary.

*Presenter: Carol Noddings Eichinger, MS, LPC, IMH-E® (IV-C)*

10:45-11:00

Transition

11:00-12:15

### SESSION 2



Sachin Jugal, MD  
Pediatrician,  
SSM Health

#### Infant Mental Health - So Critical to Lifelong Wellness: A Pediatrician's Perspective

This session will explore Infant and Early Childhood Mental Health from the perspective of a pediatrician with an interest in community approaches to wellness. We'll discuss toxic stress and its impact through the continuum of life and using the ecobiodevelopmental model of adverse outcomes and wellness. We'll then talk about primary prevention measures to help mitigate negative effects of Adverse Childhood Experiences (ACEs) and further support the early relational health that is fundamental to lifelong wellness.

*Presenter: Sachin Jugal, MD*

12:15-1:45

Lunch Break



**THE POWER  
OF CONNECTION**  
*Discover the Magic!*  
[www.the-power-of-connection.org](http://www.the-power-of-connection.org)

#### The Power of Connection

We're very excited about our new web experience for families and caregivers!

Please help us spread the word...

- Scan the bar code or visit: [www.the-power-of-connection.org](http://www.the-power-of-connection.org)
- Visit the site
- Click on the Facebook page and like and follow it
- Leave a comment about the site



People who like, follow, and leave a comment before the conference ends will be entered to win a *The Power of Connection Swag Bag* including mug, water bottle, 3 bibs, and a mini-poster.

# Monday, October 10

1:45-3:00

## SESSION 3



Julia Yeary  
National Trainer  
and Consultant,  
IMH Mentor

### The Foundational Role of Trauma-Informed Care in Our Work with Infants, Young Children, and Their Families

We have all heard the term “trauma informed care.” But what does it really mean in our work with families? Our need to feel safe, seen and heard is at the heart of our relationships. Understanding this trauma-informed approach to our work supports all aspects of our work- from engagement, to support, to learning, to intervention. This session will explore practical ways to apply this in everyday moments with the families we serve. There also will be opportunities to unpack participants’ complex encounters with challenging behavior using this lens.

*Presenter: Julia Yeary, LCSW, IMH-E®*

3:00-3:15

Break

3:15-4:00

## INFO SESSION 4



Carrie Finkbiner  
IMH Program  
Lead, WI-AIMH

### Reflective Supervision to Support Your Team

The work of infant and early child professionals is rewarding, yet complex, and relational at its core. In the face of emotionally evocative work performed in sometimes chaotic settings, professionals can struggle to maintain focus and equilibrium. We are part of the complex set of relationships and therefore benefit, and thrive, when our work is supported through relationally-based supervision. In the field of IMH this is called Reflective Supervision or Reflective Consultation. It’s a model of supervision that supports a relational framework by slowing down, and taking time to consider what is happening across relationships—with the baby, the caregivers, the system, and ourselves.

In this session, participants will learn more about Reflective Supervision and how it supports professionals in their work, their well-being, and their greater sense of other and self-awareness. In addition, participants will learn about the Reflective Supervision Learning Collaborative (RSLC), a 12-month learning collaborative offered through WI-AIMH designed to support supervisors in learning about and using this incredible approach to supporting their team and the work.

*Presenter: Carrie Finkbiner, WI-AIMH Infant Mental Health Program Lead*

8:30-10:00

## Session 5: KEYNOTE ADDRESS



Sagashus  
Levingston,  
Infamous  
Mothers

### The Power of Connection: Lessons Learned

On March 11, 2020, the World Health Organization declared COVID-19 a pandemic. From then on, we've been learning lessons about what it means to stand on the front lines, about resilience, and about the necessity of crossing divides. We've expanded and reimagined what it means to be an "essential worker," and we've watched, on the world stage, how race and class intersect with things that many of us imagined to be outside of color and economics. For the first time, many of us have become aware of countries and populations that we never before considered. And in a culture that all but requires us to forever be on the move, it was the pandemic that slowed us down enough to actually become aware of ourselves and our home. We really did learn some lessons. But of all the lessons we've learned, there's one that I hope we'll revisit and think about throughout this lifetime, as well as the next. That lesson is the power of connection. Join me, in this keynote address, as I share with you what I experienced and learned from people's need to be connected during a time when isolation was necessary, and I will offer you takeaways that you can apply in the work you do with children, ages 0-5, and their families.

*Presenter: Sagashus Levingston, PhD, Founder and CEO of Infamous Mothers, LLC*

10:00-10:20

## Break

10:30-11:45

## SESSION 6



Andrea  
Turtenwald  
Office of  
Children's  
Mental Health

### Panel: Parents Tell All

The Office of Children's Mental Health works to elevate the voice of parents with lived experience across the state. In this session, parents and caregivers with young children will participate in a dynamic panel discussion. We'll explore the hot topics that parents want you to know. You will be able to share your questions anonymously, so come with the questions you want answered!

*Presenter/Facilitator: Andrea Turtenwald, Wisconsin Office of Children's Mental Health*



11:45-1:00 Break

1:00-3:15 DEEP DIVE SESSION

## SESSION 21

### Supporting Relationships through Shared Sensory Experiences with Infants, Toddlers, and Preschoolers



Sarah Peters  
Occupational  
Therapist

The sensory system supports our development in understanding sensation within us and around us. It informs us of what is nurturing, safe, dangerous, alerting, and calming. While this process develops a sense of meaning with these experiences, it also shapes how we connect those experiences with others. Facilitating those connections from early development is key to building confidence, motor efficiency, learning, and self-regulation. Join Sarah Peters, Occupational Therapist, as we explore the sensory system through the context of relationship. Learn how to create enriched connections through shared sensory experiences.

*Presenter: Sarah Peters, Occupational Therapist*

**Conference is Adjourned**  
**Thank you for participating!**

Please take a few minutes to complete our Overall Conference Evaluation using the code on the right or visit: <https://forms.gle/nZvJcDX7BQhXzYky6>



## WI-AIMH Board of Directors

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# Award Recipients

## James Ryan Lifetime Achievement Award



This award honors the legacy of Jim Ryan, Co-founder and Godfather of WI-AIMH. Jim was tireless in his efforts to improve the lives of individuals and groups in his local community and state. His passion

to make life better for all children was evident in his lifetime efforts to collaborate with others in political, service, and advocacy arenas.

The award is given by the Wisconsin Alliance for Infant Mental Health (WI-AIMH) to an individual who has made a significant contribution to the social-emotional development of infants, young children, and their families within a Wisconsin community, thus demonstrating a commitment to the mission and vision of WI-AIMH.

Sarah Strong, LCSW, IMH-E® is the Co-Director of the University of Wisconsin Infant, Early Childhood and Family Mental Health Capstone Certificate Program, Wisconsin Child-Parent Psychotherapy (CPP) Training Program and the Newborn Behavioral Observations System (NBO) Training Site at the Department of Psychiatry, UW School of Medicine and Public Health.



**Sarah Strong**

Sarah has dedicated more than 25 years to addressing the emotional well-being and distress of young children & parents. A Champion, she has grown the WI Infant Mental Health workforce across Mental Health, Birth-3 & Home Visiting systems through her leadership of the UW Capstone, Child Parent Psychotherapy and Newborn Behavior Observation Training Programs. Throughout her work, Sarah is committed to increasing the diversity of IMH learners and faculty and to the promotion of social justice.

## Donna Harris Spirit of WI-AIMH Award



In honor of Donna Harris's passing in November of 2019, we commemorate the Spirit of WI-AIMH Award to Donna, Co-founder of WI-AIMH.

She was the person who most fully embodied the spirit of WI-AIMH with her kindness, sensitivity, generosity, and commitment to the well-being of others, especially babies, young children, and their families.

The award is presented to a professional in any area of Infant Mental Health who goes above and beyond to provide high-quality services to families with young children. This award was created to recognize service providers who work directly with young children and families and who provide exemplary, culturally sensitive, relationship-focused services.

The visionary leadership of First 5 Fox Valley is led by Board President Wendy Hein. She is the heart and soul of the amazing work taking place in Outagamie, Calumet and Winnebago counties. Starting as the Home Visiting Consortium later becoming the Fox Valley Early Childhood Coalition, Wendy has led the early childhood community work since 2012. As the Program Director for EIP B-3, she always has families at the heart of every decision and has made these communities a better place for young children.



**Wendy Hein**

Wendy joined the Early Intervention (Birth to 3) Program of Outagamie County through Valley Packaging Industries in 2010 and became actively involved in community early childhood initiatives at that time. In 2012, she began her role as Program Director and added Winnebago County to the program's service area in 2018. In her time as the Director, she has guided the support to thousands of infants and toddlers and their families, while mentoring a team of 30 teachers and therapists. Wendy played an integral role on the team that brought the national Help Me Grow model to Wisconsin, a model which started in the Fox Valley and is now growing throughout the state.

# Award Finalists

## James Ryan Lifetime Achievement Award Finalists

## Donna Harris Spirit of WI-AIMH Award Finalists



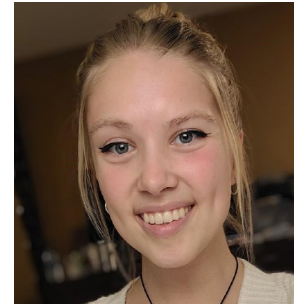
Deb Kozak



Cindy Prendergast



Amanda Rockow



Kelsey Krawczyk

# Congratulations to Our Newly Endorsed Professionals

October 2021-October 2022

### Infant Family Associate

Becca Dyson  
 Maria Frey  
 Linda Dykstra  
 Mandie Hartz  
 Malika Guend  
 Makini Triplett  
 Katharine Grimm  
 Amanda Schuler  
 Candy Gloyd  
 Aisha Bennett  
 Cheryl Atkins  
 Eric Balza  
 Tanya Johnson  
 Cassandra Valdez  
 Cassandra Feist

Kimberly Nettell  
 Tesa Tapuriah  
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 Carole Feller  
 Maureen Hack  
 Trina Heussner  
 Stacy Tesch  
 Hillary Gunther  
 Holly Wilson  
 Joyce Sorenson  
 Kimberly Miles  
 Christine Stern  
 Jennifer Koel  
 Jennifer Mendoza

### Infant Family Specialist

Kristina Ruckdashel  
 Mandie Hartz  
 Lindsey Wilson  
 Tricia Peterson  
 Allison Navin  
 Suzette Mayotte

### Infant Mental Health Specialist

Elizabeth Lanter

### Infant Mentor Health Mentor

Jessica Dallman (Clinical)  
 Abby Halloran (Clinical)  
 Stephani Storkson (Clinical)  
 Rachel Siegersma (Policy)

## Thank you to our Conference Sponsors!



Donna Harris  
 Scholarship  
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