

22nd Annual Caregiver Conference – Saturday, April 22, 2023

Register TODAY! Scholarships available

<https://www.eventbrite.com/e/caregiver-conference-registration-574980892327>

Agenda & Workshops

- 8:00am Doors Open for Registration & Check In / Coffee, Refreshments
- 9:00am Welcome & Housekeeping
- 9:15am **Keynote Speaker Tammy Vogt: "Overcoming Loneliness: Seen, Known, Loved"**
(with Spanish interpretation)
- 10:15am Morning Break, Networking / Exhibitors
- 10:30am **Morning Workshops (Session 1):**
- La Disciplina Consciente (all day), Bibi Herran **(in Spanish)**
- Conscious Discipline (all day), Annette Chastain
- Reality & Hope, Tammy Vogt
- Ageism Begins Within, Julia Brown **(with Spanish interpretation)**
- Raising Empowered Kids, Jeneen Haven-Brown
- Crisis Interventions for All Ages, Becky Wolery
- 12:00pm Lunch Buffett
- 12:30pm **Plenary Speaker Cheyenne Bennion: "Get Ready, I'm Set, Let's Go!"**
(with Spanish interpretation)
- 1:15pm Networking / Exhibitors
- 1:30pm **Afternoon Workshops (Session 2):**
- La Disciplina Consciente (continued), Bibi Herran **(in Spanish)**
- Conscious Discipline (continued), Annette Chastain
- Community Courtesies for those with Sensory Loss, Kaethlyn Elliott
- Preparing for Successful Provider Visits - Navigating the Healthcare System, K LuAnn Cook
(with Spanish interpretation)
- Dementia Demystified, Beth Mastel-Smith **(with Spanish interpretation)**
- QPR Gatekeeper Suicide Prevention Training: Question, Persuade, Refer - Rod Harwood
- Parent Nation, Parent Villages, Parent Councils - Yolie Flores

3:00pm Afternoon Break, Networking / Exhibitors

3:15pm **Afternoon Workshops (Session 3):**

La Disciplina Consciente (continued), Bibi Herran **(in Spanish)**

Conscious Discipline (continued), Annette Chastain

Death Cafes, Death Doulas, and Other End of Life Explorations - Elizabeth Johnson
(with Spanish interpretation)

Building Resilience for Frontline Workers - Andrea Recla and Oscar Hernandez

Communicating with Older Adults, Beth Mastel-Smith **(with Spanish Interpretation)**

Filling the Day with Meaning, Rod Harwood

Music Therapy for All Ages & Abilities, Lea Nunamaker

4:45pm Evaluations, Attendance Certificates, CEU/PDU Info – Wrap Up

Workshop Descriptions

Morning Keynote: Overcoming Loneliness: Seen, Known, Loved – Tammy Vogt (with Spanish interpretation)

Loneliness has a profound impact on each of our lives affecting our health, our relationships, and our quality of life itself. For those who are in the position of being a caregiver, these effects are tangible. In our time together we will explore the impact of this common ground in our lives, the power of shared community, and how caring for ourselves in this critical way is crucial to our ability to continue to care for others.

Morning Workshops (Session 1):

La Disciplina Consciente (all day), Bibi Herran (in Spanish)

Encontrando la Calma en medio del Caos con Niños Pequeños. La Disciplina Consciente es un programa socioemocional informado en atención al trauma, que ofrece estrategias efectivas para responder a los comportamientos difíciles. En esta sesión, los participantes explorarán y recordarán su conocimiento y entusiasmo sobre estrategias “Brain Smart” que preparan al cerebro a encontrar posibilidades para resolver problemas ofreciendo primero seguridad / protección, y conexión a través del ambiente creado al que llamamos La Familia Escolar.

Específicamente cubriremos lo siguiente:

1. Reconocer nuestro estado interno y estar en sintonía con el estado interno de otros.
2. La importancia de interacciones juguetonas y de conexión cara-a-cara para fomentar el manejo del estrés y el desarrollo óptimo del cerebro.
3. Entender que la autorregulación emocional es un proceso largo y comienza con la co-regulación del adulto con el niño.

Finding Calm in the Chaos Using Conscious Discipline with Young Children (all day), Annette Chastain

Conscious Discipline is trauma-informed, evidence-based social emotional learning that provides effective strategies for addressing today’s challenging behaviors. In today’s session participants will explore and refresh their knowledge and enthusiasm for healthy Brain Smart strategies to provide a safe, connected, problem solving environment through Conscious Discipline’s School Family.

More specifically, this session will focus on the following:

1. Noticing your inner state and being attuned to the inner states of others.
2. The importance of face-to-face moments of connection and play, for stress management and optimal brain development.
3. Self-Regulation as a journey that begins with co-regulation.

Reality & Hope - Tammy Vogt keynote breakout session

Tammy’s message will empower participants to know that they not only have authority over their thoughts but also can direct their thoughts to help them face reality AND hold onto hope for each new day.

Ageism Begins Within: Reframing a Universal Process For Better care for Ourselves & others - Julia Brown

(with Spanish interpretation) Ageism is the stereotypes (how we think), prejudices (how we feel) and discrimination (how we act) towards others or oneself based on age and is the most widespread and socially accepted prejudice encountered today. Age bias is deeply ingrained, and perpetuated by a youth-oriented media and popular culture. In this workshop we will learn more about ageism, our culture and our internal stories, as well as explore tools we can use to flip the script and disrupt ageism within our families, workplaces

and society at large. Additional tools will be shared with participants, including the ABC Method to Bolster Positive Age Beliefs.

Raising Empowered Kids, Jeneen Haven-Brown

Much of what we learn as adult caregivers of little people is geared to making those little people easy to manage. We mistakenly foster behaviors and attitudes that are helpful to US as caregivers and don't serve the child in their long-term goal of independence and autonomy. I will share simple, actionable strategies that will foster accountability, responsibility, joy and confidence in kids and reduce power struggles for caregivers.

Crisis Interventions for All Ages, Becky Wolery

Individuals who have behavioral health crises can be found in various home or healthcare settings from pediatric to geriatric. These crises seem to "come out of nowhere" and can throw you into a reactive state. Unless you understand how crises develop and have the skills and tools to address them, crises can place you in unsafe situations. You can play a vital role in helping those you care for manage their crises. This presentation will teach you how to think of crises as developing events that should be carefully addressed with specific approaches. You will learn detailed strategies for how to prevent the development of crises. You will also learn how to effectively intervene when clients are experiencing a crisis. This presentation also details how to help the individuals you are serving learn from crises so that they can use coping skills and support networks more effectively when they face stressful events in the future.

Lunch Plenary: Get Ready, I'm Set, Let's Go! - Cheyenne Bennion (with Spanish interpretation)

Cheyenne was appointed the title of Ms. Intermountain Continental Worldwide 2023 in November of 2022. She has previously been able to serve her communities as Ms. Idaho America 2022, Ms. Arizona America 2018, and Mrs. Syringa 2013. Before suffering a career ending accident, Cheyenne was a Wildland Firefighter for the US Forest Service for 14 years, serving as a program supervisory captain for 3 years. Returning to Idaho in 2020 she worked as a Public Safety Communications Officer for Adams County. Taking those experiences, along with a very personal journey, Cheyenne is traveling to promote her platform "Get Ready, I'm Set, Let's Go!" supporting effective tools on how to plan, develop, and implement strategies in our lives when dealing with crisis management. Giving individuals the tools to evacuate negativity, doubt, and fear for our beings in order to effectively react to a wide variety of situations in the best interest of personal well-being.

Afternoon Workshops (Session 2):

La Disciplina Consciente (continued – see description above), Bibi Herran (in Spanish)

Conscious Discipline (continued – see description above), Annette Chastain

Community Courtesies for those with Sensory Loss, Kaethlyn Elliott

This session is for us who CAN detect visual and auditory cues that keep us safe, connected, and motivated, and what we can do for the people in our community who CANNOT detect these cues, yet depend on us to help them stay safe, connected, and motivated.

Preparing for Successful Provider Visits - Navigating the Healthcare System, K LuAnn Cook (with Spanish interpretation)

This workshop will be an overview of how an individual or caregiver can prepare for the provider clinic visit. A review of health plan types, commercial, Medicare (A, B, D), and Medicare Advantage Plans. Update on how to provide medication lists and understand the importance of drug formularies. Demystifying the medical and financial powers of attorney and knowing where to find the forms for your state. Advance directive discussion, including how to locate and complete. And most importantly, taking the

time to jot down questions prior to the provider appointment helps to meet the needs and goals of the patient when you are at the provider appointment.

Dementia Demystified, Beth Mastel-Smith (with Spanish interpretation)

This session will present foundational information about dementia, the most common types, and early warning signs. Risk factors, prevention, environmental and lifestyle factors will be discussed and evaluated. Participants will have the opportunity to imagine what it is like to have dementia, their responses to the experience, and how the experience might impact interactions with those who have been diagnosed. Diverse responses to the diagnosis and ways to support and connect with people living with dementia will be included.

QPR Gatekeeper Suicide Prevention Training: Question, Persuade, Refer - Rod Harwood

Ask A Question, Save A Life! This suicide prevention workshop will train people to help recognize the warning signs of suicide, learn how to talk with someone who may be at risk for suicide and persuade them to get help, and refer at-risk individuals to resources for help.

Parent Nation, Parent Villages, Parent Councils - Yolie Flores

The potential of children depends on supports for their parents! Join us in this engaging workshop to learn about the *Building A Parent Nation Campaign* and how to host a Parent Village to activate parents in shaping a society that supports all parents in maximizing every child's potential. Participants will learn about the free Parent Village Activation Toolkit, which includes a facilitator's guide on how to host a "Parent Village" in your local community. The Toolkit also includes the easy-to-follow 4-session curriculum, available in English and Spanish, for virtual or in-person convenings.

Afternoon Workshops (Session 3)

La Disciplina Consciente (continued – see description above), Bibi Herran (in Spanish)

Conscious Discipline (continued – see description above), Annette Chastain

Death Cafes, Death Doulas, and Other End-of-Life Explorations - Elizabeth Johnson (presenting virtually) and facilitators Sarah Poe & Sandy Shelton (with Spanish interpretation)

Elizabeth is the Executive Director of The Peaceful Presence Project in Bend, Oregon. She is a NEDA-proficient end-of-life doula and trained with the University of Vermont Lerner School of Medicine. She is also a certified advance care planning educator for the Institute on Health Care Directives. Elizabeth will present an overview of the end-of-life doula role and its scope of practice. Information will be shared about The Peaceful Presence Project, including death literacy training across the state, with particular emphasis on bringing more quality end of life support to rural communities. Elizabeth will be sharing simple resources that might be beneficial to workshop attendees around end-of-life preparedness, advance care planning, etc. Elizabeth joins us via Zoom from Bend. There will be small group discussions related to questions and the resource needs of our participants after her presentation.

Building Resilience for Frontline Workers - Andrea Recla and Oscar Hernandez

Working with individuals who are experiencing a crisis or live with severe and persistent mental illness can be challenging. It takes healthy boundaries, a strong ethical framework, and resiliency to be successful in helping others while maintaining a healthy work-life balance. In this session we will discuss what resiliency is, the science behind it, and how you can achieve a healthy balance in life so that you can continue to do what you love for many years to come.

Communicating with Older Adults, Beth Mastel-Smith (with Spanish interpretation)

Communication is essential to everyday well-being and survival. This session will present physical and mental changes associated with aging that affect a person's communication abilities. How to accommodate for aging changes and effective verbal and non-verbal communication skills will be shared. Participants will practice communication skills and discuss application to caring for older adults.

Filling the Day with Meaning, Rod Harwood

Are you caring for an older adult who may need support in filling their day with meaning? This training explores factors that impact an older adult's ability to not only cope, but to thrive in the midst of life transitions. It will explore how paying attention to their overall wellbeing is vital to continue to fill their day with meaning. Training objectives:

- Understand how changes in daily routine and use of time impact a person's spiritual, emotional and physical health.
- Learn about the Total Pain Model and the interrelationship between spiritual, social, emotional, and physical pain.
- Learn about the four dimensions of spiritual health and address the needs of the human spirit.
- How to build a framework for providing a person-centered balance of activities that fill the day with meaning, enhancing their overall health and wellbeing.

Music Therapy for All Ages & Abilities, Lea Nunamaker

What is music therapy, and how does it work? Music therapy is an expressive art therapy. Whether you are writing a song, listening to it, or singing alongside – music therapy in any form requires some form of communication and expression. As a therapy, music is a proven way to reduce stress and to get into a mindful state of consciousness. Music therapy includes listening, communicating, and understanding. It is a popular method used in hospitals, educational institutions, and other clinical settings to ease clients and make them comfortable. This session will teach some of the more common forms of music therapy techniques and interventions, providing an opportunity for live practice, and resources for further exploration.

Speaker Information

Andrea Recla is an LPC-Associate in Oregon, an LPC in Idaho, and a National Certified Counselor. Andrea has over 9+ years of working in the behavioral health field and more than 5 years of experience working with individuals in crisis. Andrea has a passion for empowering individuals to live their best lives through educating and supporting people in identify their best path forward and making incremental steps towards change.

Annette Chastain, LCSW, Trainer/Consultant/Coach is a Licensed Clinical Social Worker from The Confederated Tribes of Warm Springs, Oregon and lives in Redmond, Oregon. Annette provides mental health consultation, training, and coaching for Head Starts, childcare centers, Social Service agencies, Native American tribes, communities, and schools K-12. She has over 25 years of experience in outpatient mental health, day treatment, classroom settings, mental health promotion and prevention, parent training, and in-home skills training.

Becky Wolery has a doctorate in Clinical Psychology from California University, a Master's in Social Work from Northwest Nazarene University, and a Bachelor's in Psychology from Eastern Oregon University. She is the Executive Director of Insight Counseling & Therapy, located in Ontario, OR, Payette, ID, and Nampa, ID. She recently developed a non-profit organization called Insight Matters, Inc. designed to provide prevention, education, and services to surrounding communities. She is on the board of the Crisis Intervention Team and was the co-chair for the first five years. She also previously taught mental health/psychology courses at

Treasure Valley Community College for 8 years and was an after-hour Crisis Worker for 9 years in Malheur and Payette counties. She is passionate about helping people and serving in her community!

Bernadette “Bibi” Herran LMSW, CDCI tiene una maestría en trabajo social, se especializa en el desarrollo socioemocional de niños y adultos. Bibi tiene veinte años de experiencia incluyendo capacitación y consultoría para profesionales de la educación de temprana edad, Head Start, Early Head Start, preescolares y centros de cuidado infantil. Ha trabajado como consultora de salud mental para los nombrados programas. Su compromiso a la conciencia social y a la educación la han llevado a comprender la importancia de las intervenciones basadas en la relación personalizada. Bibi está certificada en el programa Conscious Discipline y tiene un certificado en Infant/Family Clinical Practice de The Harris Infant and Early Childhood Mental Health Training Institute. Su estilo dinámico de presentación ayuda a las personas a conectarse con el material y a relacionarlo con su vida diaria. Bibi ofrece facilitación de talleres y consultoría en inglés y en español.

Dr. Beth Mastel-Smith teaches in the nursing doctoral program at the University of Texas at Tyler. Her work for the past 30 years has focused on older adults, people with dementia and care partners. Beth has worked as a community educator, care manager, researcher, faculty, and volunteer. She initiated the Dementia Friendly Baker County Action Team where she and colleagues work to reduce stigma toward people with dementia, create an environment where people living with dementia can live as independently as possible and have quality of life

Cheyenne Bennion was appointed the title of Ms. Intermountain Continental Worldwide 2023 in November of 2022. She has previously been able to serve her communities as Ms. Idaho America 2022, Ms. Arizona America 2018, and Mrs. Syringa 2013. Before suffering a career ending accident, Cheyenne was a Wildland Firefighter for the US Forest Service for 14 years, serving as a program supervisory captain for 3 years. Returning to Idaho in 2020 she worked as a Public Safety Communications Officer for Adams County. Taking those experiences, along with a very personal journey, Cheyenne is traveling to promote her platform “Get Ready, I’m Set, Let’s Go!”

Elizabeth Johnson, MA is the Executive Director of The Peaceful Presence Project. With a master's degree in Community Planning and Not-for-Profit Management, Elizabeth's travels have taken her around the globe, awakening fascination with the cultural and social contexts which shape human understanding of the mysteries of life and death. This, combined with her own profound and powerful experiences of loss and sorrow, has created her passion for death literacy initiatives in local communities that encourage honest dialogues, exploring complexities of the dying process. Elizabeth is a NEDA-proficient end-of-life doula and trained with the University of Vermont Larner School of Medicine, amongst other institutions. For 2 years Elizabeth served as a board member for the National End of Life Doula Alliance, serving on their Justice, Equity, Diversity, and Inclusion Committee. She is a graduate of the 2-year ‘Anamcara Project’ apprenticeship program, with a focus on the spirituality of grief and loss. She is a certified advance care planning educator for the Institute on HealthCare Directives, a certified pregnancy loss group facilitator, and a member of the Coalition to Transform Advanced Illness Care.

Jeneen Haven-Brown is a single mom of 4 adult children whom she homeschooled. All 4 of her children are neurodiverse. She is also Founder of The Aaron Academy, a long running educational support program for kids aged 6-17 in Garden City, Idaho. She currently serves as the Director of Programs and Outreach at Four Rivers Cultural Center and Museum. In her spare time, she teaches Yoga, Country Dance, and works on her hobby farm.

Julia R. Brown, MA Gerontology and Community Outreach & Engagement Manager for Age+, a non-profit organization championing a new vision for inclusive and equitable aging for all Oregonians, especially isolated and underserved older adults in rural areas. Julia currently works statewide on initiatives such as emergency preparedness and immunization outreach and education for older adults, and community conversations on aging towards creating a blueprint for a statewide, multi-sector, comprehensive plan.

Julia holds a Master of Arts in Gerontology from the Leonard Davis School at the University of Southern California. She has 30 years of professional experience in fields such as publishing, financial administration, and retail management. An early degree in creative writing, experience as a caregiver, and a passion for connection as a crucial antidote for illness drive her work today. She is an enthusiastic proponent of approaching the aging process with tools that address biological, psychological, and sociological aspects for overall well-being. Julia is a member of the American Society on Aging and the Oregon Gerontological Association. She also volunteers for the Eastside Village, one of the ten Villages NW which are part of the nationwide Village Movement that supports older adults aging at home in their community.

Kaethlyn Elliott, having always been drawn to non-verbal communication and people living “on the margins” of the majority, earned an M.A. in Linguistics with extended studies in Speech Pathology & Audiology. Over the years, she has served and befriended many people who live without the CUES a majority of us use to stay safe, connected and motivated.

K. LuAnn Cook, DNP, ANP-BC, CENP has worked in health care for over 35 years, as an RN, Clinical Nurse Specialist, Cardiopulmonary specialist, Adult Nurse Practitioner, and Director of Clinical Services for a large Health Insurer. She has a doctorate in transformational leadership and is currently in practice as an Adult Nurse Practitioner, working in a rural health clinic providing care to individuals in the community and in assisted living environments. LuAnn is a board of directors member for Carnegie Crossroads Art Center, and a member of the task force to bring Dementia Friendly Community to Baker County.

Lea Nunamaker – Lea has been in the caregiver role for children and adults for many years. As a positive voice for children and persons with disabilities, she has been a strong advocate for families in our community. One of her passions is music, which she says has many benefits for us all.

Oscar Hernandez is an MSW, CSWA under the supervision of a Licensed Clinical Social Worker in Oregon. Oscar has over 8 years of experience in the mental health field. Oscar has been working with crisis individuals since 2018 and has found a passion for training and educating others in the area. Oscar has found a healthy life and work balance with support from the Malheur Crisis Team.

Rod Harwood, M.Div., MA, QMHP-C. Rod is an Older Adult Behavioral Health Coordinator with GOBHI serving Eastern Oregon. He is one of 25 specialists who are supporting a statewide initiative providing behavioral health for older adults and people with disabilities in local and regional community mental health programs around the state. He has 35 years of healthcare experience providing clinical support as a chaplain in hospital, mental health, and hospice settings. In his present role he promotes enhanced collaboration and coordination among the agencies serving older adults, providing complex case consultation and ensuring that the people who care for elders are well trained. He is a trained Positive Approach to Care (Dementia Care) Enhanced Trainer & Advanced Consultant. In addition, he has certifications as a trainer for WISE, QPR and Living Well with Chronic Conditions. He also provides training on a host of topics relating to older adult issues such as Advance Directives, Grief Support and CIT (First Responder).

Tammy Pierce leads Coordinated Enrollment at the Eastern Oregon Early Learning Hub. Tammy has experience in convening partners, program development, and systems work in the region. Her core values are family, love

and integrity that guide her work in creating opportunities for children and their families to reach their full potential. This work is accomplished through collaboration with all community partners, parents, and providers to find the most effective, inclusive, and equitable ways to serve families in Baker, Malheur, and Wallowa Counties.

Tammy Vogt is a Personal/Executive Life Coach, Spiritual Director, and Community Coordinator. She lives in Ontario, Oregon where she has raised her family, held multiple community leadership roles, and founded two successful not-for-profit organizations. She is also a public speaker who facilitates special events, executive training sessions, and retreats for the purpose of equipping and inspiring others. It is her passion to create safe spaces for people to share and process their life journeys. She loves to sing and write on her blog. A sunny, summer day will find her on her paddle board on a lazy river. Although she has a strong appreciation for her home, she also has an insatiable desire to travel and see the world.

Yolie Flores is CEO and President of Families In Schools, a nonprofit statewide organization based in Los Angeles, California, whose mission is to involve families and communities in their children's well-being and education to achieve lifelong success. Most recently, Yolie served as the National Campaign Director for Building a Parent Nation, a campaign initiative of the TMW Center for Early Learning and Public Health at The University of Chicago. Previously, at the Campaign for Grade Level Reading, Yolie supported Campaign communities in their quest to ensure early school success for more children by elevating parent success. As a leader in Los Angeles, she served as Vice President of the Los Angeles Board of Education and, for almost a decade, served as CEO of the L.A. County Children's Planning Council, a countywide collaborative focused on improving outcomes for children. Yolie began her career at the Los Angeles Department of Water and Power, where she established and led one of the nation's most progressive work/family programs. In 2017, Yolie ran for Congress distinguishing herself as the candidate for children and families. Yolie's leadership and commitment to the well-being of children and families has earned her the distinction of, twice, being named Social Worker of the Year. She currently serves on the boards of The Education Trust, Parents As Teachers, Parent Teacher Home Visits, and GPSN in Los Angeles. yflores@familiesinschools.org