

# 23rd Annual Investment in Caregivers Conference

*Theme: Safety & Belonging*

Saturday, April 27, 2024 | 8:30am-4:30pm

Four Rivers Cultural Center, 676 SW 5<sup>th</sup> Avenue, Ontario OR 97914

## *Workshop Descriptions*

### **6:00-8:00pm Friday Evening FREE Pre-Conference Session in Spanish**

Det. Rachel Rieger (ret.), BeSure Consulting - Cyber Security & Social Networks: A Caregiver's Guide to Sexting, Cyber Bullying, Snapchat, Instagram. **Mandar mensajes sexuales acoso cibernetico y las redes sociales: guia para padres.** *Ideal for Spanish-speaking parents and families. Presentará estrategias proactivas, conocimientos expertos y recursos valiosos diseñados para empoderar a su familia para combatir el acoso cibernetico y los mensajes sexuales.*

### **9:00am Saturday Morning Keynote Address**

Sarah Poe, Malheur County Health Dept - Caregiving in Community **(with Spanish interpretation)**

*Drawing on lessons from public health, hospice, prevention, and family, Sarah Poe hopes to spark a conversation that will bring conference attendees closer to each other and to our work. Examining identity, the many jobs we manage simultaneously, the compassionate caregiving model, and happiness, Sarah will share what she believes creates a healthy community of caregivers.*

### **10:15-11:45am Session One (select one workshop to attend)**

Michelle Bass, LMSW, Casey Family Programs - Trust-based Relational Intervention TBRI®: An Overview.

*Join Michelle Bass in this interactive, hands-on workshop as she shares the three main principles of TBRI®: Empowering, Connecting and Correcting. In addition, you will learn about regulation, sensory needs, brain development and the resiliency window. Each participant will leave the workshop with an engine plate tool to use at work and/or at home.*

Heidi VonDeBur, OTR/L & John Drury, RN – St Alphonsus Regional Rehabilitation Hospital, an affiliate of Encompass Health. **Understanding Levels of Care: Physical Medicine & Rehabilitation**

*We aim to educate on physical medicine and rehabilitation services across the continuum of care, including what each level of care entails (outpatient, home health, skilled nursing, LTAC, inpatient rehab, and acute hospitalization). We will explain what physical medicine and rehabilitation services are offered at each level, the qualifications for each level of care, and when/how to access these various services.*

Lindsay Grosvenor, RD, Oregon Food Bank, SE Oregon Services - **Pursuing Health at Every Size**

*Learn more about the principles of Health at Every Size and how to achieve health and wellbeing while accepting and respecting our inherent diversity of body shapes and sizes. This session will also provide an overview of local food and nutrition resources.*

Mark Keele & Cindy Floyd, **Altruistic Recovery - Stages of Change**

*Explore the stages of change -- behavioral and emotional -- and how best to start conversations with any person who may be struggling in areas of their lives. Helping caregivers reach out and provide support and answer questions about how to approach individuals in need.*

Det. Rachel Rieger (ret.), BeSure Consulting - Cyber Security & Social Networks: A Caregiver's Guide to Sexting, Cyber Bullying, Snapchat, Instagram. **Mandar mensajes sexuales acoso cibernetico y las redes sociales: guia para padres.** **Spanish track** Repeat of Friday night, for Spanish-speaking parents and families.

**12:15pm**

**Plenary Keynote Address**

**Michelle Bass, LMSW, Casey Family Programs - Caregiver, Who's Caring for You? (with Spanish interpretation)**

*Join Michelle Bass as she explores caregiver regulation and the "cost of caring". Learn about the stress cycle and the brain, regulation, and the window of tolerance. In this hands-on plenary session you will learn ways to take care of YOU, before you take care of others!*

**1:15-2:45pm**

**Session Two (select one workshop to attend)**

**Michelle Bass, LMSW, Casey Family Programs - Trust-based Relational Intervention TBRI®: An Overview.**

*Join Michelle Bass in this interactive, hands-on workshop as she shares the three main principles of TBRI®: Empowering, Connecting and Correcting. In addition, you will learn about regulation, sensory needs, brain development and the resiliency window. Each participant will leave the workshop with an engine plate tool to use at work and/or at home.*

**Det. Rachel Rieger (ret.), Be Sure Consulting (This session will be presented in English!)**

**Cyber Security & Social Networks: A Caregiver's Guide to Sexting, Cyber Bullying, Snapchat, Instagram, etc.**

*Detective Rieger will present proactive strategies, expert knowledge and valuable resources designed for your family to combat cyber bullying, sexting, and other cyber-related concerns.*

**Kelley Phipps, Education Consultant, Empowering Minds - CenterPoint Learning Solutions**

**Loving Solutions in the Childcare/Caregiving Environment: Addressing Difficult Behavior**

*In this session, Kelley and Tina will teach participants about the Parent Project programs and provide an overview of the key concepts taught in the Loving Solutions Parenting Class, and how to apply them to the classroom environment. We will explore the power of love and affection, effective use of positive consequences and time-outs, and the power of consistency. Learn the tools of self-regulation and maintenance and techniques of active listening, self-limiting and fixed time-outs, redirecting negative choices, and creating action plans to deal with out-of-control behavior. For more information about the Parent Project programs, visit [www.parentproject.com](http://www.parentproject.com).*

**Karina Armenta, Edgewood Health Care - How to Still Be Family When You're Wearing the Caregiver Hat**

*This workshop will be an overview of the challenges of caring for family. We will explore how to create family moments while being the primary caregiver for your loved one(s). We will discuss managing caregiver burnout and when to ask for support.*

**Sarah Chandler, DPN & Ancora Health Services Panel - Caregiver Connection: Starting the Conversation**

*This panel discussion will focus on supporting caregivers who may be managing care for their parents or another adult in their life. We will provide a panel discussion with Sarah Chandler, DNP to explore how to have a goals of care conversation with a loved one, or end-of-life wishes conversations. We will have Dani Castro, RN to discuss hospice care, as well as other programs such as house calls and palliative care. Social Worker Roni Ramos, LSW will be available to answer questions on advanced planning with education on important documents such as Advance Directives, as well as caregiver coping support ideas. We will offer education and answer questions of the attendees as well. We will have a booth for more resources and information.*

**Amber Mitchell & Alicia Ruiz, Treasure Valley Children's Relief Nursery - TVCRN**

**Stewards of Children®: Darkness to Light Spanish track – this is the first of a two-part workshop!**

*Darkness to Light es una organización comprometida con la educación y la prevención del abuso sexual infantil. Sus programas de formación, como el emblemático curso Stewards of Children®, están diseñados para enseñar a los adultos a prevenir, reconocer y reaccionar responsablemente ante el abuso sexual infantil. La formación*

*abarca diversas formas de abuso sexual y trafico de humanos. Estos programas se enriquecen con oportunidades de reflexión y debate, lo que permite a los participantes aplicar sus conocimientos previos.*

*Guided by the belief that all children have rights, TVCRN partners with Darkness to Light to offer this prevention education to the community. They have programmatic expertise in grassroots community mobilization, innovative program design, capacity building, strategic communication, pioneering partnerships, and evidence-informed training. Behavior change is at the core of all we do. Darkness to Light's prevention education works and has been supported by external research, proven processes, and rigorous evaluations, making Stewards of Children® the only evidence-informed, adult-focused training in the United States. GET INVOLVED!*

**3:00-4:30pm**

**Session Three (select one workshop to attend)**

**Amber Mitchell & Alicia Ruiz, Treasure Valley Children's Relief Nursery - TVCRN**

**Stewards of Children®: Darkness to Light Spanish track – continued from Session Two**

**Kelley Phipps, Empowering Minds - CenterPoint Learning Solutions & co-presenter Tina Cramer**

**Focus & Attention: Their Roles in Responsibility**

*When individuals struggle to exhibit responsible behaviors, it is often blamed on a lack of focus and attention. But what is FOCUS? What is ATTENTION? The goals of this workshop include dispelling the myth behind the terms and discussing their definitions in the context of responsible individuals. We will shine a light on developmental concepts that are key to responsible behavior and introduce the participants to basic personal tools that assist individuals to internalize these developmental concepts to prepare them to build a solid foundation for responsibility.*

**Michael Ray, LCSW, Lifeways, Inc. - Anxiety, Captains, and Ships--Oh My!**

*Which emotions are navigating your ship? Emotions, anxiety, and stress impact how we work with those we serve. Understanding how your emotions and responses can help manage rough waters. Learn tools for yourself, family, and those you serve. Gain an understanding of the "captains" of our lives (anxiety and stress), our own personal ships (our body and responses), the formula between events, emotions and behaviors, and tools to change the course of the ship (better responses).*

**Tom Longoria, Malheur Council on Aging & Community Services - Aging in Place**

*Caring for the aged while they remain (in place) in familiar surroundings can be difficult for both the care recipient and the caregiver. We are sometimes poorly prepared to meet the needs a loved one may have as they begin to experience difficulties related to aging or illness. This session will discuss topics and strategies to consider in the preparation of becoming a caregiver for a loved one to help facilitate the best care possible for both the care recipient and the caregiver.*

**Jessica Koomen, Balance Studio, [www.breatheandbloomfruitland.com](http://www.breatheandbloomfruitland.com)**

**Yoga for the Caregiver / Integrating Yoga into Caregiving**

*Jessica is all about creating a space for you to focus on yourself, today so many of us are burned out and running on fumes. She will help you connect with your mind and body again. She offers Mindfulness at the end of each of her classes to allow her students to recharge. With an emphasis on breathing techniques and meditation, we promote thoughtful and hatha yoga to promote both physical and mental well-being. Come and learn some simple yoga and meditation techniques. As caregivers we continually focus on others' needs and put ours to the side. However, to be the best we can be for those we take care of, we must also take care of ourselves. It does not need to be anything that is extravagant or time consuming. It can be as simple as a few minutes here and there throughout the day. Today we will learn some easy stretches, yoga poses and meditation skills that will focus on stress relief.*