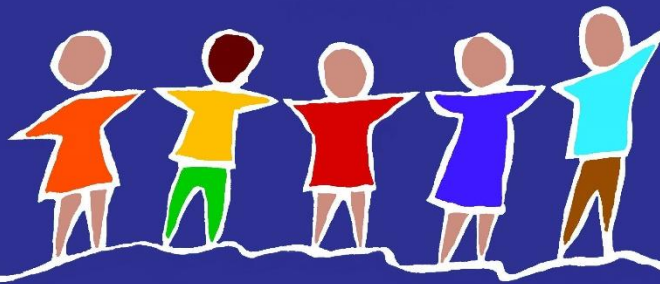


Conference Program

FOUNDATIONS
SUPPORTING
CENTERED **FAMILY**
PEDIATRICS GROWTH
COMMUNICATION
DEVELOPMENTAL
HEALTH CLINICIANS
KIDS REFLECTIVE
SOMATIC
PERSPECTIVES
BUILDINGS
WE DON'T WAIT
ALIGNMENT
INTEGRATION
ECMH TEACH
REIMAGINING
WELL-BEING
INNOVATION
COMPASSION
ACCEPTANCE
AWARENESS
VALIDATION
EMPOWERMENT
MOTIVATION
CHILDHOOD
DEVELOPMENT

PROGRESS CULTURE **EARLY INTERVENTION**
MEDITATION CHILDCARE PHYSICIANS
RELATIONSHIPS MUSIC LOVE SPEECH &
LANGUAGE MOVEMENT EPIGENETICS
DIVERSITY PERINATAL **PARENTS** CHILD
SYNERGY PEACE
ENGAGEMENT
CREATIVITY JOY
ASSESSMENT 0-5
OCCUPATIONAL
TRAUMA-INFORMED
NURTURING AND HEALING IN ACTION
PHYSICAL THERAPY BEST PRACTICES
NATURE POSITIVITY FAMILY BRAIN
COLLABORATIVE
GRANDPARENTS
PARTNERSHIPS
CAREGIVERS
HEALING TOUCH
EMOTIONAL SCIENCE
SKILLS **COMMUNITY** EXPRESSIVE
ART RESEARCH FOSTER PARENTS SOCIAL
MENTAL HEALTH POSITIVE DISCIPLINE
RESILIENCE TEACHERS MINDFULNESS
ASSISTANCE ETHNICITY HOPE
STRENGTHING SMILE



15th Annual ECMH Conference

We Don't Wait:
Nurturing and Healing in Action

September 26-27, 2024

Hybrid Event ♦ Sheraton San Diego Hotel & Marina, San Diego, CA ♦ Online



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AGENDA AT-A-GLANCE

Thursday, September 26	
7:00 AM	Live Registration ♦ Zoom Help Desk Open
8:00 AM Silver Pearl 2-3	Opening Remarks and Memorial Address Honoring Deb Stolz – Pradeep Gidwani, MD, MPH, FAAP
8:30 AM	Break
8:45 AM Silver Pearl 2-3	(Live + Virtual) Bridging the Gap Between Families and Systems Designed to Serve Them – Rahil Briggs, PsyD
10:15 AM	Break and Visit Exhibits and Bookstore
10:45 AM Silver Pearl 2-3	(Live + Virtual) 15-Year Perspective: Where We Were and Where We Are Now – Pradeep Gidwani, MD, MPH, FAAP and Jeff Rowe, MD, ECMH Conference Co-Chair
12:15 PM	Lunch – Visit Exhibits and Bookstore
12:30-1:15	Lunch and Learn – Rahil Briggs, PsyD
1:30 PM	Breakout Sessions A
Silver Pearl 2	A-1 (Live + Virtual) Got HOPE? Bringing the Future into Focus Using a Strength-Based Lens
Silver Pearl 3	A-2 (Live + Virtual) Oh, the Places We Could Go! Navigating Complex Cases
Coral 2	A-3 Heal the Healer: Recognizing and Preventing Burnout and Overwhelm
Coral 3	A-4 Creating Spaces for Community Collaboration: Moving from Community Input to Community Action
Coral 4	A-5 Utilizing Play to Support the Nurturing and Healing of Young Children
3:00 PM	Break and Visit Exhibits and Bookstore
3:30 PM	Breakout Sessions B
Silver Pearl 2	B-1 (Live + Virtual) Amplifying All Voices: Augmentative and Alternative Communication (AAC)
Silver Pearl 3	B-2 (Live + Virtual) Integration Matters! Coming Together, Keeping Together, Thriving Together: Transdisciplinary Clinical Care Makes a Difference
Coral 5	B-3 Let's Get Rooted: Movement + Mindfulness for the Early Childhood Professional
Coral 2	B-4 Climate Change and the Impact on Our Children
Coral 3	B-5 Somatic Practice: Incorporating the Body's Wisdom to Strengthen Community Engagement
5:00-7:00 PM Eventide Gardens	Networking Reception – Appetizers, No Host Bar, Entertainment by <i>The Resonators</i>

Friday, September 27	
7:00 AM	Live Registration ♦ Zoom Help Desk Open
8:00 AM Silver Pearl 2-3	Opening Remarks and Memorial Address Honoring Chris Muecke – Ali Freedman, PsyD, MBA, ECMH Conference Co-Chair
8:30 AM	Break
8:45 AM Silver Pearl 2-3	(Live + Virtual) Wholeness, Oneness, and Early Childhood Well-Being – Richard Knecht, MS
10:15 AM	Break and Visit Exhibits and Bookstore
10:45 AM Silver Pearl 2-3	(Live + Virtual) Reconnecting Services to Our Humanity: An Approach to Nurturing Staff and Increasing Service Quality – Amy Zeitz, LMFT, Miriah de Matos, MPH, MA and Ariane Porras, SEP
12:15 PM	Lunch – Visit Exhibits and Bookstore
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1:30 PM	Breakout Sessions C
Silver Pearl 2	C-1 (Live + Virtual) Relationships and Neurobiology: The Art and Science of Child Development
Silver Pearl 3	C-2 (Live + Virtual) Reflective Practice Supervision in ECMH
Coral 4	C-3 Talking to Parents and Caregivers About Screen Time and Social Media
Coral 2	C-4 Synergy Unleashed: Mastering Whole System Alignment and Integration
Coral 3	C-5 Centered Parenting: Kids Are Falling Apart Because Their Foundations Are Shaky
3:00 PM	Break and Visit Exhibits and Bookstore
3:30 PM	Breakout Sessions D
Silver Pearl 2	D-1 (Live + Virtual) Reimagining a Child and Family Well-Being System of Care
Silver Pearl 3	D-2 (Live + Virtual) "Children have layers. . .like an onion!": Young Children with Complex Cases
Coral 2	D-3 CAAVE – Compassion, Acceptance, Awareness, Validation, and Empowerment: An Embodied Approach
Coral 3	D-4 The Spirit of Motivational Interviewing and the Path to MI Proficiency
Coral 1	D-5 Art Therapy (Limited to 25 Participants)
5:00 PM	All Zoom Rooms Close – Event Ends

WELCOME

Welcome to the 15th Annual Early Childhood Mental Health Conference – We Can't Wait!

Dear Friends and Colleagues:

The Planning Committee for the Early Childhood Mental Health Conference would like to welcome you to the 15th Annual Conference, *"We Don't Wait: Nurturing and Healing in Action."* Each year we look forward to the excitement, curiosity, intelligence, and commitment to children and youth that you bring. We are continuing to offer a virtual option for those who can't be with us live.

It is our 15th year! What an amazing journey this has been. We are grateful to those of you who have been with us from the beginning, and we welcome those of you who have joined us along the way. And, if this is your first conference with us—buckle your seatbelt and hang on to your hat! We are ready to celebrate! We will be hosting a reception on Thursday evening with live music and appetizers.

This is the last year for our Leadership Team: Co-Chairs Ali Freedman and I, and Conference Coordinator Renee Sievert. We have enjoyed leading the "We Can't Wait" effort and believe it is time for new leadership. Please welcome Pradeep Gidwani and Natalie Elms as our new co-chairs! They have tremendous experience in Early Childhood Mental Health, have participated on the Planning Committee for years, and are also presenting at this year's conference.

For our 15th year we are highlighting the role of nurturing and healing and how this impacts human development. Sessions will be focused on both clinical advances and system-wide changes that are being implemented locally and nationally. We recognize that our audience has grown more sophisticated and experienced and is eager for a more intense learning experience than has been offered in past years. Several of our workshops will address complex cases at an advanced, multidisciplinary level.

We sincerely hope you have a fun and interesting time attending this year's conference as we learn together, network, re-invent prevention and early intervention, and set our sights firmly on a future of hope in our communities.

Mark your calendars for next year when we celebrate our 16th Annual Early Childhood Mental Health Conference on September 25-26, 2025.

Thank you for making the decision to join us.



Jeff Rowe, MD

Co-Chair, Early Childhood Mental Health Conference

IN MEMORIAM



Debra Stolz

ECMH Planning Committee Member 2010-2020

Deb Stolz was so many things to so many people. She was a mother, grandmother, resource (foster) parent, teacher, mentor, advocate and, to those in the know, she was F.A.B. — you have to know the story. Regardless of how well you may have known her, what was evident to everyone with whom she interacted was her leadership, compassion, and steadfast dedication to children, families, and communities. The world was given a gift when Deb Stolz entered it. We suffered a great loss when she and her daughter, one of her eight children, were tragically lost far too early in July 2020. Besides her family and loved ones doing well, nothing would make her happier than to know her spirit will forever be honored and remembered within the We Can't Wait community. Please join us in holding Deb, her family, and her heart print in your warmest thoughts and with genuine appreciation for the learning and loving she imparted every day, in every way.

Chris Muecke, MEd

ECMH Planning Committee Member 2010-2023

Chris Muecke was an early childhood interventionist, mentor, educator and passionate advocate for infant and early childhood mental health. She left a legacy of relationships and accomplishments to help build the capacity for future generations of early childhood professionals to support the mental health of very young children and their families. Chris positively impacted the lives of countless infants and toddlers with disabilities and their families during the 26 years that she worked as an early interventionist and infant/parent educator for the San Diego Unified School District. She served as a mentor and teacher to students and early childhood educators as a faculty member at San Diego State University and promoted infant and early childhood mental health through her leadership in the San Diego Chapter of the Infant Development Association. She also supported the development of the *Early Childhood Social Emotional and Behavior Regulation Intervention Specialist (ECSEBRIS)* early childhood mental health training program at San Diego State University. Additionally, she helped form an infant mental health community interest group called the *Neuro Nerds* and helped to establish our *Early Childhood Mental Health – We Can't Wait* conference.



GENERAL INFORMATION

Virtual Lobby: This is where you can find everything you need! All handouts and articles can be found online.

[Click Here to Enter the Virtual Lobby](#)

Handouts: Greener conferences! All handouts and articles can be found online. To access handouts and articles associated with this virtual conference, please [Click Here](#).



Session Recordings: Each virtual session is being recorded. **You will receive a link via email two to three weeks after the conference to access the virtual recordings. For CME/CE credit, you must attend the session in person or live on Zoom.** Attendance is captured in each session.

General Evaluations (Non-CME/CE):

We depend upon your feedback to make improvements as well as to demonstrate the value of this conference.

- Overall Evaluation: [Click Here for Overall](#)
Thursday Speaker Evaluation: [Click Here for Thursday](#)
Friday Speaker Evaluation: [Click Here for Friday](#)



Certificate of Attendance: If you would like a Certificate of Attendance, fill out the evaluation forms above and you will be able to access your Certificate.

Questions? Contact Conference Coordinator, Renee Sievert, 619-507-6683, or email her at ecmhcoordinator@gmail.com.

IF-ECMH Endorsement: For information about the IF-ECMH Endorsement, refer to Page 36 of this program. To request IF-ECMH Endorsement Certificates for this conference, [Click Here](#) for the fillable request form. Fill it out, download, save, and email it to ecmhcoordinator@gmail.com. Certificates will then be emailed to you after the conference. Requests will be taken until November 30, 2024.

CME/CE Credit: *Special thanks to San Diego County Behavioral Health Services for funding our CME/CE!*

Links below will be live at the end of the conference on September 27, 2024.

1. Go to <http://ecmh.cmecertificateonline.com/>
2. Click on the “**2024 - 15th Early Childhood Mental Health Conference**” link.
 - Evaluations will be available online September 27–December 27, 2024.
3. Evaluate the meeting and click the hyperlink provided on the last page to claim your credit certificate.
4. Save/Download/Print all pages of your certificate for your records
5. If you lose your certificate, or need help, go to help.cmecertificateonline.com

Questions? Email Certificate@AmedcoEmail.com

Questions about accreditation for this conference? ecmhcoordinator@gmail.com

We Don't Wait

15th Annual ECMH Conference

Parking: Your parking is hosted! No charge for conference attendees. Please mention the Early Childhood Mental Health Conference to the attendant as you enter and show your conference name badge as you leave the parking lot.



Professional Headshots by Shoott:

Free Photo Headshot Opportunity!

Sign up for a 5-minute shoot—only pay for pictures you like!

Refresh your headshot with a free mini session! Sign up for a 5-minute slot with a Shoott photographer on Thursday between 10 am-6 pm and Friday between 10 am-4 pm. You'll receive a digital gallery of lightly edited photos in just 3-5 business days—no obligation, only purchase the ones you like (\$25-\$70 range). Great for updating your LinkedIn, social media, personal branding assets, dating profiles 😊, etc.

In case you don't know about Shoott: Shoott is a 4.9 star-rated female-run small business that seeks to make professional photography affordable for everyone while addressing the pain points of the gig economy for freelance photographers. Clients only have to pay for the photos they want.

[Click Here](#) for Thursday options. [Click Here](#) for Friday options.

Location of photo shoots: Outside at Eventide Gardens.

ECMH Bookstore

Bookstore: We are pleased to host the ECMH Bookstore located in the Silver Pearl Foyer. You will want to purchase and bring home a few books that are authored or recommended by our expert speakers. Please browse during breaks.

Thursday	7:00 AM—5:00 PM	Silver Pearl Foyer
Friday	7:00 AM—5:00 PM	Silver Pearl Foyer

Books and Other Publications Authored and Recommended by Speakers:

Scary, But Not Very, By **Richard Knecht** (Author) and Geoffrey Knecht (Illustrator)

Does Grandpa Have a Grandma?, By **Richard Knecht** (Author) and Laurie Barrows (Illustrator)

The Room in My Heart, By **Kelly Curtis-Hughes** (Author) and Jasmine T. Mills (Illustrator)

Our Beautiful Colors (Part of: *Little Golden Book*), By Nikki Shannon Smith and Bea Jackson

Some Bunny to Talk to: A Story About Going to Therapy, By Cheryl Sterling, PhD, Paola Conte, PsyD, Larissa Labay (Authors), and Tiphonie Beeke (Illustrator)

Books Featured in the Bookstore: Two of our speakers, Richard Knecht and Kelly Curtis-Hughes, have authored children's books which are available at the Bookstore. Book signing may be available.

DISTINGUISHED KEYNOTE SPEAKERS



Rahil Briggs, PsyD is the National Director of Zero to Three's HealthySteps pediatric primary care program which operates in 24 states, plus DC, and has reached nearly 500,000 children. She is a Clinical Professor of Pediatrics, Psychiatry, and Behavioral Sciences at Albert Einstein College of Medicine. She is also the editor of *Integrated Early Childhood Behavioral Health in Primary Care*. Dr. Briggs was the founder of one of the most comprehensive integrated pediatric behavioral health services in the nation, serving almost 90,000 children in the Bronx each year. She was also the recipient of the 2018 Health Care Delivery Award from the Academic Pediatric Association. Dr. Briggs completed her studies at Duke University and New York University.



Richard Knecht, MS is Managing Partner at the Integrated Human Services Group, LLC, where he and his affiliates provide program operations, leadership, strategic planning and training services to public and private healthcare and human service systems. A former COO of a large behavioral health hospital, and former Sr. Vice President of Program Operations at the River Oak Center for Children, he is currently an advisor to state agencies, wherein he provides guidance and cross-system statewide technical assistance to multiple departments. He was the lead design engineer of the state's Integrated Core Practice Model and wrote the template which now anchors Children's System of Care in all 58 counties in California. Richard served for ten years as director of Placer County's highly regarded children's system in California. Richard is also the author of two children's books.



Jeff Rowe, MD is a Child and Adolescent Psychiatrist in private practice. He treats children and youth with all types of mental health difficulties, attends IEP (Individualized Education Program) meetings, teaches residents and medical students, and gives lectures to parent groups about a variety of topics. He is well versed in medication therapies, individual psychotherapy, family psychotherapy, behavior modification, group therapy, and school consultation. For many years he assisted the County of San Diego Behavioral Health Services in the development of new mental health and substance abuse treatment programs, supervised the County's Child Psychiatrists, and provided clinical consultation to the Juvenile Court. He retired from the County of San Diego, serving over 20 years as their Supervising Psychiatrist for Children and Adolescents, and from UC San Diego Department of Psychiatry as the Acting Chair of Child and Adolescent Psychiatry.



Pradeep Gidwani, MD, MPH, FAAP is a pediatrician and community health leader focused on creating systematic solutions and changes to improve the lives of children and their families. Currently, he works at American Academy of Pediatrics, California Chapter 3, San Diego and Imperial Counties (AAP-CA3) on a team that provides countywide coordination and support for two large scale community initiatives: Healthy Development Services and First Step Home Visiting funded by First 5 San Diego. In the last 15 years, these communitywide programs have reached over 330,000 children and their families. Dr. Gidwani is a past president of AAP-CA3, serves on numerous community advisory boards, and is a member of the Board of Governors at the San Diego Foundation.



Aimee Zeitz, LMFT has over twenty years of experience in non-profit leadership, built on a foundation of strategic partnerships and authentic collaboration. She currently serves as the Executive Director of Community Well-Being at YMCA San Diego County. Aimee attended Smith College, earning her BA in Anthropology, followed by her master's degree in Marriage and Family Therapy from San Diego State University.



Miriah de Matos, MA, MPH is a Senior Project Specialist with the American Academy of Pediatrics, California Chapter 3, working on the countywide coordination and support of First 5 First Steps family support program. Miriah holds Master's degrees in Latin America Studies and Public Health, Bilingual Special Education, and a Bachelor's degree in International Studies and Spanish. Miriah has been working to improve the lives of children and families for over 15 years. Her experience includes both direct service, program development, and community-based evaluation in the United States and abroad. In her current work, she has developed and adapted curriculum for multiple psychoeducational groups for parents with a focus on the social-emotional development of young children.



Ariane Porras, SEP has worked as an Early Childhood Mental Health consultant, promoting social development foundations, and with kinship families facilitating support groups. In her current role as Program Director of Community and Partner Engagement at the YMCA San Diego Childcare Resource Service, she leads teams and informs the public on primary prevention frameworks, trauma-Informed care, and culturally responsive practices. Her experience working with the end cap populations of our society has greatly contributed to her passion for equipping caregivers and social service professionals in San Diego, as it has provided a full scope of how trauma affects the entire family system and how responsive relationships are key to healing each other and in turn our communities. She holds a BSW with a minor in Psychology and is also a certified Somatic Experiencing Practitioner.

COURSE DESCRIPTION

What is being done, successfully, to ensure that children and families thrive? Our **15th Annual Early Childhood Mental Health Conference** will inspire attendees to dive into both the clinical and systems aspects of engaging families and young children in getting the care they need. Distinguished speakers will highlight community driven, evidence-informed interventions that have been developed, researched, implemented, and are making a difference, including HealthySteps, Zero to Three, and HOPE programs.

In addition to exploring early childhood development, culturally informed, evidence-based practices, and advances in early education, attendees will be able to examine ways that our clinics and systems of care can better ensure diversity, equity, and access to care so that children and families have support to nurture and heal.

Finally, we are again offering a **Hybrid Event!** Live sessions will be **in-person**, at the **Sheraton San Diego Hotel and Marina**, and will include a networking reception and 15-Year Celebration on Thursday evening. Virtual attendees will join via Zoom for morning keynote sessions and selected breakout sessions in the afternoons.

Learning Objectives

At the conclusion of this activity, the participants should be able to:

- Review the neurobiological nature of the developing brain and recognize how it is directly shaped by positive, interpersonal experiences
- Identify best practices in socio-emotional support and strategies for cultivating positive experiences that extend to the home, schools, and community
- Create partnerships among healthcare, education, behavioral health, and child welfare professionals to create communities of hope for infants, children and families
- Discover ways to expand inclusive, trauma-informed strategies that support infants, children, and families

Target Audience

The target audience includes those involved in providing assessment, treatment, education, support, and advocacy for children and families. Attendees will include psychiatrists, pediatricians, marriage and family therapists, social workers, psychologists, mental health workers, substance abuse and addiction professionals, counselors and case managers, nurses, occupational therapists, physical therapists, speech therapists, teachers, educators, child welfare workers, early childhood education providers, childcare specialists, mental health administrators and other healthcare and educational providers.

CME/CE Credit:

Special thanks to San Diego County Behavioral Health Services for funding our CME/CE!

To claim your **CME/CE credit and receive your certificate:**

1. Go to <http://ecmh.cmecertificateonline.com/>
2. Click on the title for the activity you wish to evaluate:
 - **2024 - 15th Early Childhood Mental Health Conference – ASWB and APA**
 - > Evaluation will be available 09/27/2024 – 12/27/2024
 - **2024 - 15th Early Childhood Mental Health Conference – ACCME and CA Nurse**
 - > Evaluation will be available 09/27/2024 – 12/27/2024
3. Save/Download/Print all pages of your certificate for your records.
4. If you lose your certificate, or need help, go to help.cmecertificateonline.com

Questions? Email Certificate@AmedcoEmail.com

Questions about accreditation boards for this conference? ecmhcoordinator@gmail.com

ACCREDITATION



Learner Notification

Sievert Services, LLC

2024 15th Annual Early Childhood Mental Health Conference – We Can't Wait!

Live: September 26-27, 2024

San Diego, CA and Live Online

Acknowledgement of Financial Commercial Support

No financial commercial support was received for this educational activity.

Acknowledgement of In-Kind Commercial Support

No in-kind commercial support was received for this educational activity.

Satisfactory Completion

Learners must complete an evaluation form to receive a certificate of completion. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. If you are seeking continuing education credit for a specialty not listed below, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Sievert Services, LLC on behalf of the Early Childhood Mental Health Conference (ECMH) – We Can't Wait! Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Amedco joint Accreditation #4008163.

Professions in scope for this activity are listed below.

Physicians

Amedco LLC designates this live activity for a maximum of **12.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

This course is co-sponsored by Amedco and Sievert Services LLC on behalf of the Early Childhood Mental Health Conference (ECMH). Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. **12.75** hours.

The following state boards accept courses from APA providers for Psychologists/Counselors: AK, AR, AZ, CA, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, MA (LEP ONLY), ME, MO, NC, ND, NE, NH, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

The following state boards accept courses approved by any other state for Psychologists/Counselors: CO, MD

MI: No CE requirements

***OK:** Accepts APA credit for live, in-person activities but not for ethics and/or online courses.

The following state boards accept courses from APA providers for MFTs: AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WDC, WI, WY

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

MA MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

The following state boards accept courses from APA providers for Addictions Professionals: AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (held outside NY ONLY), OK*, OR, SC, UT, WA, WI, WY

The following state boards accept courses from APA providers for Social Workers: AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

Social Workers



As a Jointly Accredited Organization, Amedco is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the

final authority to determine whether an individual course may be accepted for continuing education credit.

Amedco maintains responsibility for this course. ASWB Learner Level: **Beginner, Intermediate, and Advanced.**

Social Workers completing this course receive **12.75** GENERAL continuing education credits.

The following state boards accept courses offering ASWB ACE credit for Social Workers: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MD, MA, MI, MN, MS, MO, MT, NC, ND, NE, NH, NM, NV, OH, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WV*, WY

***OK:** Accepts ASWB ACE for live, in-person activities but not for ethics and/or online courses.

***WV:** Accepts ASWB ACE unless activity is held live in West Virginia.

The following state boards accept courses offering ASWB ACE credit for Counselors: AK, AR, AZ, CA, CO, CT, DC, FL, GA, IA, ID, IL, IN, KS, MA, MD, ME, MO, ND, NE, NM, NH, NV, OK*, OR, PA, TN, TX, UT, VA, WI, WY

MI: No CE requirement

The following state boards accept courses offering ASWB ACE credit for MFTs: AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, MD, ME, MO, NC, NE, NH, NM, NV, OK*, OR, PA, RI, TN, TX, UT, VA, WI, WY

AL MFTs: Credits authorized by NBCC or any other state licensing agency will be accepted.

We Don't Wait

15th Annual ECMH Conference

MA MFTs: Participants can self-submit courses not approved by the MAMFT board for review.

MI: No CE requirement

The following state boards accept courses offering ASWB ACE credit for Addictions Professionals: AK, CA, CO, CT, GA, IA, IN, KS, LA, MO, MT, ND, NM, NV, OK, OR, SC, WA, WI, WV, WY

CA Nurses (CA BRN)

Amedco is approved by the CA Board of Registered Nursing, Provider #CEP13683, for **12.75** contact hours.

Objectives – After Attending This Program You Should Be Able To

1. Review the neurobiological nature of the developing brain and recognize how it is directly shaped by positive, interpersonal experiences
2. Identify best practices in socio-emotional support and strategies for cultivating positive experiences that extend to the home, schools, and community
3. Discover ways to build workforce capacity and community involvement to expand diversity-informed strategies that support infants, children, and families

Disclosure of Conflict of Interest

The following table of disclosure information is provided to learners and contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest, and have been resolved. (C7 SCS 6.1—6.2, 6.5)

All individuals in a position to control the content of CE are listed in the program in the Faculty List and Planning Committee sections. If their name is not listed below, they disclosed that they had no financial relationships with a commercial interest.

First	Last	Commercial Interest
Mark	Chenven	Vista Hill Employee
Richard	Knecht	Opeeka: Corporate Board Member
Christopher	Walsh	San Diego Center for Children: Other; Rady Children's Hospital: Other

CONFERENCE SCHEDULE

Conference Schedule: Thursday, September 26

All Times Are PDT

Up to 12.75 Contact Hours CME/CE (Depending Upon Which Sessions You Attend)

7:00 – 8:00 AM	Live Registration and Zoom Help Desk Open
<p>8:00 – 8:30 AM</p> <p>Silver Pearl 2-3</p>	<p>(Live + Virtual) Opening Remarks and Memorial Address Honoring Deb Stolz <i>Pradeep Gidwani, MD, MPH, FAAP</i></p> <p>Deb Stolz was a Founding Mother of the We Can't Wait Conference and a Grounding Mother for literally hundreds in the San Diego community. She will continue to be a Guiding Mother for thousands through her legacy of teaching and being with others in exquisite compassion. We continue to miss her.</p>
8:30 – 8:45 AM	Break
<p>8:45 – 10:15 AM</p> <p>Silver Pearl 2-3</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> 1A</p>	<p>(Live + Virtual) Bridging the Gap Between Families and Systems Designed to Serve Them <i>Rahil Briggs, PsyD, National Director of Zero to Three's HealthySteps Pediatric Primary Care Program, and Clinical Professor of Pediatrics, Psychiatry, and Behavioral Sciences at Albert Einstein College of Medicine</i></p> <p>Families are children's most impactful teachers, advocates, and nurturers. Positive parenting and strong family engagement are at the core of healthy development and wellness for young children. How do we foster meaningful family engagement with the systems designed to support families as they navigate this critical period, especially with warning signs of decreasing engagement?</p> <p>Drawing on research, clinical experience, and field-level insights from across the HealthySteps national network of pediatric primary care sites, Dr. Briggs will discuss barriers to family engagement and potential solutions on both micro and macro levels. Learn about challenges, innovations, and best practices related to family engagement, including clinical behavior and documentation, billing policies and procedures, as well as intentional strategies for workforce development, public investment, and integration of family voices.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of family engagement for ensuring equitable health outcomes • Recognize barriers to family engagement within the systems designed to serve them • Identify potential solutions and best practices for improved family engagement across early childhood systems

Thursday, September 26

<p>10:45 AM – 12:15 PM</p> <p>Silver Pearl 2-3</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> <i>1C, 1D, 1F</i></p>	<p><i>(Live + Virtual) 15-Year Perspective: Where We Were and Where We Are Now</i> Pradeep Gidwani, MD, MPH, FAAP, Medical Director, Healthy Development Services (HDS) and First Steps, American Academy of Pediatrics, California Chapter 3, and Jeff Rowe, MD, Child and Adolescent Psychiatrist, ECMH We Can't Wait Conference Co-Chair</p> <p>Share a perspective on the past 15 years of changes in the field of early childhood mental health (ECMH) through a personal perspective and then offer opinions about changes needed over the next 15 years. Evolution in the field includes understanding of trauma and neglect in young children, developmental arrests, and methods to understand the complex needs of our most challenging children. In addition, we will discuss the role of compassion, nurturance, and repair in our efforts to promote healing in those who have suffered difficulties.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify perspectives and techniques learned over the past 15 years to better diagnose and treat complex problems in very young children • Review how these perspectives have become integrated into our clinical practice • Examine newer developments in language, methods, and techniques that facilitate the healing of our children and families
<p>12:15 – 1:30 PM</p> <p>12:30 – 1:15 PM</p> <p>Coral 1</p> <p>.75 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH 1A</i></p>	<p>Lunch and Visit Exhibits and Bookstore</p> <hr/> <p>Lunch and Learn: Continuing the Conversation About Bridging the Gap Rahil Briggs, PsyD, National Director of Zero to Three's HealthySteps Pediatric Primary Care Program, and Clinical Professor of Pediatrics, Psychiatry, and Behavioral Sciences at Albert Einstein College of Medicine</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Discover innovative ways to apply the learning from the morning keynote presentations • Identify specific solutions and best practices for improved family engagement across early childhood systems



Thursday, September 26

1:30 – 3:00 PM	Breakout Sessions A 1.5 Contact Hours • <i>Note: All Sessions CME/CE Approved as Noted</i>
<p>Silver Pearl 2</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p>IF-ECMH Competency Domain 1D, 1G</p>	<p>A-1 (Live + Virtual): Got HOPE? Bringing the Future into Focus Using a Strength-Based Lens Natalie Elms, MA, Manager, KidSTART, Rady Children’s Hospital San Diego, and Amy Isiaho, MSW, Policy Analyst, Child and Family Well-Being Department, Office of Child and Family Strengthening, County of San Diego Health and Human Services Department</p> <p>Many organizations in San Diego are interested in taking steps to learn more about the Healthy Outcomes from Positive Experiences (HOPE) framework. This session will share the journey that KidSTART Center, a program supporting young children with complex developmental and behavioral health needs, has taken toward the goal of being a HOPE inspired program. KidSTART collaborates with partners with different systems in San Diego to support the best outcomes for young children and their families, including collaboration with the Child and Family Well Being (CFWB) department, which is also taking steps toward integrating the HOPE framework. As more providers are trained in the HOPE framework, thus shifting the narrative to focus on protective instead of risk factors, San Diego can build a HOPE inspired system and elevate the experiences of families accessing services across organizations.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Review the HOPE framework and learn the building blocks of HOPE • Explore the actions one program has taken to integrate the HOPE framework and how this can elevate the systemic changes in San Diego County • Identify actions that can be taken in their organizations to integrate a more HOPEful lens with families
<p>Silver Pearl 3</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p>IF-ECMH Competency Domain 1C, 1E, 1F, 1G</p>	<p>A-2 (Live + Virtual): Oh, the Places We Could Go! Navigating Complex Cases Charmi Patel Rao, MD, Co-Medical Director, Vista Hill Foundation, and Kelly Curtis-Hughes, LMFT, RPT, Early Childhood Mental Health Therapist, Rady Children’s Hospital San Diego KidSTART Clinic and BrightConnections</p> <p>The intention of this session is to discuss pathways to approach complex cases. Many of the young children and families we work with present with complexities related to mental health, development, medical concerns, family systems and parental mental well-being. These cases can often be difficult to tease apart, and our hope is to provide methods that have served us well to conceptualize an understanding and develop successful treatment plans for complex cases. We will weave case examples through the presentation for the audience to have the opportunity to interactively practice these strategies.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Define transdiagnostic symptoms • Explore approaches that can help with conceptualizing complex cases • Review and practice strategies for developing successful treatment plans for complex cases

Thursday, September 26

<p style="text-align: center;">Coral 2</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency</i> <i>Domain 1C, 1D, 1E</i></p>	<p>A-3: Heal the Healer: Recognizing and Preventing Burnout and Overwhelm Honor Medina, LMFT, Advanced Clinical Hypnotherapist, Equus Master Facilitator, and Certified Transpersonal Coach in Private Practice</p> <p>Working with clients who have experienced trauma is rewarding and emotionally weighty for providers (secondary trauma). Attendees will explore the stages of overwhelm and burnout, identify symptoms to watch out for, and learn how to adjust boundaries and self-care to mitigate the potential impact of secondary trauma.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Differentiate between overwhelm and stages of burnout • Identify risk factors for secondary trauma • Identify protective/mitigating factors related to secondary trauma • Develop their own conscious oversight of current stress symptoms, risk factors, protective factors, and coping tools
<p style="text-align: center;">Coral 3</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency Domain</i> <i>1G</i></p>	<p>A-4: Creating Spaces for Community Collaboration: Moving from Community Input to Community Action Brandi Paniagua, MEd, Program Director, Partners in Prevention, Community Engagement and Well-Being, YMCA of San Diego County</p> <p>The purpose of this workshop is to demonstrate how to shift engagement from <i>input</i> to <i>active participation</i>. Typically, community engagement is a top-down process, where non-profit organizations and academic institutions use standard (old) ways of operating (such as surveys and focus groups) to gather input from clients and consumers. Though convenient for providers, these measures don't always build lasting relationships or encourage sustained input over time. Recently, funders and grant-makers are asking for community voice in projects and research, and organizations are actively and authentically involving community members in the development and implementation of our shared work. During this presentation, attendees will hear from both professionals and community members about the success and impact of these efforts.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify strategies for community inclusion in funded projects in an authentic way • Explore new strategies and concepts alongside the community members working within current community-based projects
<p style="text-align: center;">Coral 4</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency</i> <i>Domain 1A, 1B</i></p>	<p>A-5: Utilizing Play to Support the Nurturing and Healing of Young Children Denise VonRotz, LMFT, RPT-S, IF-ECMHS, RPF II, Therapist/Owner, Hope and Healing Child and Family Therapy, Inc.</p> <p>What if we were to join children in their play in ways that promote a sense of being cared for and nurtured so that they may heal from past hurts and thrive as they learn and grow? This workshop will identify the power of play in a young child's life and explore strategies for engaging in positive experiences to support a young child's social-emotional development.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Explore the Circle of Security as it relates to nurturing a young child • Identify two ways that play can be therapeutic in a child's development • Identify fun activities which support a young child's social-emotional development

Thursday, September 26

3:00 – 3:30 PM	Break and Visit Exhibits and Bookstore
3:30 – 5:00 PM	Breakout Sessions B 1.5 Contact Hours • Note: All Sessions CME/CE Approved as Noted
<p>Silver Pearl 2</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1D</i></p>	<p>B-1 (Live + Virtual): Amplifying All Voices: Augmentative and Alternative Communication (AAC) Shannon Jeng-Lin Apel, MA, CCC-SLP, Bilingual Mandarin-English Speech Language Pathologist, Rady Children's Hospital San Diego</p> <p>This session's purpose is to provide an overview of what Augmentative and Alternative Communication (AAC) is and is not. Presenter will also review, and address concerns frequently raised by caregivers when AAC is introduced. Participants will get to see AAC in action through different access modalities. There will also be an opportunity to explore and experience through trial different AAC devices.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Describe what Augmentative and Alternative Communication (AAC) is and why it is used • Identify and debunk frequent AAC myths • State when and how to implement AAC
<p>Silver Pearl 3</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1C, 1E, 1G</i></p>	<p>B-2 (Live + Virtual): Integration Matters! Coming Together, Keeping Together, Thriving Together: Transdisciplinary Clinical Care Makes a Difference Lauren Gist, MD, MPH, Associate Health Sciences Professor of Pediatrics, Developmental-Behavioral Pediatrics, UC San Diego and Rady Children's Hospital San Diego, Joy Brewster, MEd, SLP, Speech Language Pathologist, Rady Children's Hospital San Diego KidSTART, Cinnamon Harper, LCSW, Early Childhood Mental Health Therapist, KidSTART, Chadwick Center for Children and Families, and Hannah Kenny, MSW, Social Worker, KidSTART Center, Rady Children's Hospital San Diego</p> <p>This session will use case examples to illustrate how a transdisciplinary approach can be successful in supporting families with young children who have complex behavioral, developmental, psychosocial and medical needs.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Define Interdisciplinary, Multidisciplinary and Transdisciplinary care • Identify the benefits of a Transdisciplinary approach • Describe examples of roles within the Transdisciplinary team • Apply a Transdisciplinary lens to your work
<p>Coral 5</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1C, 1D</i></p>	<p>B-3: Let's Get Rooted: Movement + Mindfulness for the Early Childhood Professional Monica Rollins, MA, Education Manager and Wellness Consultant, Vista Village</p> <p>There is a caregiver burnout epidemic in early education. This interactive workshop explores the impact of stress and trauma on the nervous system and highlights simple mindfulness tools that help disrupt the stress cycle. By the workshop's conclusion, participants will be equipped with easy-to-integrate wellness strategies for their daily routines that promote self-regulation and resilience.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify caregiver burnout data • Understand their personal hierarchy of needs • Explore the stress response system • Practice simple and effective strategies to combat stress and burnout

Thursday, September 26

<p style="text-align: center;">Coral 2</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1C, 1D</i></p>	<p>B-4: Climate Change and the Impact on Our Children Vi Thuy Nguyen, MD, <i>Fellow of Environmental Health, American Academy of Pediatrics, California Chapter 3, and Eleanor Jung, Pre-Med, University of California San Diego</i></p> <p>Prenatal and early childhood exposure to air pollution is well known and well publicized to be causal for asthma and atopic diseases. Less well understood are the links of prenatal and early childhood air pollution effects on early childhood developmental and mental health. This session explores the most current research on air pollution PM2.5 and NO2 and other pollutants, and its associations with higher rates of psychiatric disorders including depression and anxiety. The session also reviews the research on air pollution exposure and effects on childhood IQ and increased developmental disorders such as ADHD and Autism Spectrum Disorder.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify common air pollution exposures/hazards that put most pregnant women and young children at risk • Identify the health consequences of air pollution exposure during pregnancy and early childhood and the impact on higher rates of psychiatric disorders, including depression and anxiety, lower childhood IQ, and increased developmental disorders such as ADHD and Autism Spectrum Disorder • Practice effective counseling methods and community advocacy methods to decrease exposure to air pollution for pregnant women and young children
<p style="text-align: center;">Coral 3</p> <p style="text-align: center;">No CME/CE</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1F</i></p>	<p>B-5 Somatic Practice: Incorporating the Body's Wisdom to Strengthen Community Engagement Ariane Porras, SEP, <i>Community Collaborative Director, Childcare Resource Center, YMCA of San Diego County</i></p> <p>This session will explain how language and the body's stress response system contribute to the way we present ourselves in our work and affect the results we experience. Learning and reflecting on the way we tend to favor or react to the nature of our work will help us to not only be more self-aware and attuned to our needs, but will also help us to be more present and connected to the needs of those whom we interact with in and out of the office.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify nervous system stages of activation and rest • Explore the ways our bodies react to stress and work situations • Examine how we can better engage and shift our nervous system state • Practice scanning our bodies for sensation, activation and regulation signals

Thursday, September 26

5:00 – 7:00 PM

Eventide Gardens

Networking Event, Appetizers, No Host Bar
Entertainment by The Resonators (Acoustic Classic Rock & Blues)

An acoustic duo featuring guitar/vocalists John January and Bruce Wexler, who have played together for years. The duo originated as an acoustic remedy to the pandemic-crushed band scene at the time, and continue to bring their guitar and vocal harmony work to their classic rock and blues inspired repertoire.



John is a *Billboard Magazine* Award Winning Songwriter and is honored as a great blues artist in the Blues Hall of Fame. He has performed with notables such as Curtis Salgado, The Bayou Brothers and Sue Palmer. Bruce, a diehard San Francisco classic rock era enthusiast, is a founding member of several local bands. He has been entertaining audiences on guitar and vocals since he was a young teen on the County Fair circuit.



Conference Schedule: Friday, September 27

All Times Are PDT

Up to 12.75 Contact Hours CME/CE (Depending Upon Which Sessions You Attend)

7:00 – 8:00 AM	Live Registration and Zoom Help Desk Open
8:00 – 8:30 AM	<p>(Live + Virtual) It Takes a Village and We Are a Village! Opening Remarks and Memorial Address Honoring Chris Muecke Ali Freedman, PsyD, MBA, ECMH Conference Co-Chair</p> <p><i>“It takes a village” is an old and oft used proverb. Why? Because it is true! Just as earnest expressions of gratitude or love cannot be said too many times, recognition of the need for and the benefit of a village coming together to support our children and families could be a daily affirmation. The same is true for the contributions of our ancestors and the shoulders on which we stand today. . .and the children we are shaping for the future.</i></p> <p>Chris Meucke was a Founding Member of the We Can't Wait Conference and a passionate advocate for infant and early childhood mental health. She worked in early intervention and infant/parent education for the San Diego Unified School District for 26 years and served as a faculty member at San Diego State University. We will miss her.</p>
	<p>Silver Pearl 2-3</p>
8:30 – 8:45 AM	Break
8:45 – 10:15 AM	<p>(Live + Virtual) Wholeness, Oneness, and Early Childhood Well-Being Richard Knecht, MS, Managing Partner, Integrated Human Services Group, Inc. and Integrated Services Advisor, State of California</p> <p>For decades, health and human service agencies, both public and private, have embraced the ideal of a seamless and effectively integrated delivery of care, while largely implementing government-supported reform efforts that far too often dis-integrate the delivery system and further estrange patients, families and their natural supports. While policy makers wrestle with this ongoing adaptive challenge, healers, healthcare managers and patients cannot wait for “one system” to appear. We can and must seek now to put an authentic whole person approach into practice. The purpose of this session is to support an expanded vision of Whole Person (Child) healing efforts, and inspire both practitioner and leader to see and experience the opportunities to strive authentically for whole child service delivery.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify how the concept of wholeness informs and supports an integrated system of care • Explore how critical leadership behaviors can be leveraged to build an integrated and singular system • Examine the role of personal relationships as a necessary factor in aligning a vision, a structure and a common set of care delivery functions
	<p>Silver Pearl 2-3</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> 1G</p>
10:15 – 10:45 AM	Break and Visit Exhibits and Bookstore

Friday, September 27

<p>10:45 AM – 12:15 AM</p> <p>Silver Pearl 2-3</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> <i>1D, 1F</i></p>	<p>(Live + Virtual) Reconnecting Services to Our Humanity: An Approach to Nurturing Staff and Increasing Service Quality</p> <p>Aimee Zeitz, LMFT, Associate Executive Director, Community Well-Being, YMCA of San Diego County, Miriah de Matos, MPH, MA, Training and Technical Assistance Senior Manager, American Academy of Pediatrics, California Chapter 3, and Ariane Porras, SEP, Community Collaborative Director, Childcare Resource Center, YMCA of San Diego County</p> <p>Share the journey and relational strategies that our organizations have taken to prepare our staff to partner with families in a strengths-based and family centered approach. Utilizing the parallel process, we ground staff in the values around why we do this work and why our approach matters to ensure that we intentionally see each family we serve as unique in their needs, desires and cultures. We will share our processes that allow us to achieve our scope of work and still provide the nurturing our staff requires to offer relationship-based and trauma-informed services.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the steps taken to responsively equip staff with frameworks that will foster genuine connection with the families they serve • Explore ways to implement relational strategies in their organizations that nurture better community engagement • Examine the strengths their agencies have to build on and implement relational approaches to strengthen service delivery
<p>12:15 – 1:30 PM</p>	<p>Lunch and Visit Exhibits and Bookstore</p>
<p>1:30 – 3:00 PM</p> <p>Silver Pearl 2</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> <i>1A, 1B, 1C, 1D</i></p>	<p>Breakout Sessions C <i>1.5 Contact Hours</i> • <i>Note: All Sessions CME/CE Approved as Noted</i></p> <p>C-1 (Live + Virtual): Relationships and Neurobiology: The Art and Science of Child Development</p> <p>Pradeep Gidwani, MD, MPH, FAAP, Medical Director, Healthy Development Services (HDS) and First Steps, American Academy of Pediatrics, California Chapter 3</p> <p>Children develop in the context of relationships (art) and their relationships impact their neurobiology (science). This session focuses on the key concepts (i.e., attachment, attunement, regulation, co-regulation) in early childhood mental health. How stress, trauma, and positive experiences impact a child’s brain, body, behavior, and relationships will be discussed.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of the parent/caregiver’s role in child development and social emotional development • Learn at least three practical skills that can be applied to improve child development • Learn how to improve attachment relationship through the Circle of Security framework

Friday, September 27

<p>Silver Pearl 3</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, CA BRN</p> <p style="text-align: center;">(Not for ASWB Credit)</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1A, 1C</i></p>	<p>C-2 (Live + Virtual): Reflective Practice Supervision in Early Childhood Mental Health Jeff Rowe, MD, Child and Adolescent Psychiatrist, ECMH We Can't Wait Conference Co-Chair, and Christopher Walsh, LMFT, Clinical Director, Community Resource Center</p> <p>The purpose of this session is to discuss and articulate the process of using Reflective Practice principles and methods in the supervision of therapists who work with young children and their families. Terms will be defined, examples of methods will be given, and issues relating to how the therapist holds the client in mind and vice versa—how the client holds the therapist in mind—will be presented. Special emphasis will be given to discussing diversity, equity, and inclusion as it relates to supervision and clinical work through the lens of Reflective Practice.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify how Reflective Practice supervision differs from other types of supervision • Review types of questions that can be used by the therapist and supervisor to facilitate the Reflective Process in our clients and in ourselves as we do this important and sometimes arousing clinical work • Demonstrate how Reflective Practice can be used to help us understand our own feelings and responses to our clinical work and how it can be used in a supervision process as a tool to reduce secondary traumatization
<p>Coral 4</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain 1B</i></p>	<p>C-3: Talking to Parents and Caregivers About Screen Time and Social Media Francisco Castillo, BA, Developmental Services Specialist, Brynn Knight, DPT, Pediatric Physical Therapist, Heidi Leininger, MS, CCC-SLP, Speech Language Pathologist, Caroline Loretan, LMFT, Bilingual Mental Health Clinician and Behavior Specialist, and Angeles Flores, MEd, Developmental Services Specialist, Healthy Development Services, Palomar Health</p> <p>This session will explore how early childhood providers and educators are talking to parents and caregivers about screen time and social media. Discussion will focus on practical conversations to have in order to help parents and caregivers be more thoughtful about screen time and social media. While parents might not be bringing up screen time and social media, we know they are using it - and our youngest children are exposed to it! Join us in an interactive session and discover ways to bring these discussions into our practice to help children and families make informed decisions about screen time and social media.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify what makes us reluctant to talk about screen time and social media • Outline what conversations are effective with parents • Examine the important role parents play in children's exposure to screens and social media platforms

Friday, September 27

<p>Coral 2</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> <i>1G</i></p>	<p>C-4: Synergy Unleashed: Mastering Whole System Alignment and Integration <i>Lori Clarke, MA, Director/Principal Investigator, Social Policy Institute, San Diego State University, Clorinda Merino, MA, Integrated Learning Director, Social Policy Institute, San Diego State University, and Richard Knecht, MS, Managing Partner, Integrated Human Services Group, Inc. and Integrated Services Advisor, State of California</i></p> <p>The purpose of this session is to follow up to the morning keynote by Richard Knecht. Presenters will engage in a deeper dive and highly conversational exchange with panelists into what authentic, outcomes-focused, relationship-based collaboration across systems looks like in practice. This most often involves moving beyond the rhetoric to create meaningful space at collective tables where diverse perspectives are welcome, transparency is the norm, and a sense of shared community and belonging is fostered.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none">• Learn how to approach shared goals and outcomes for collaborative work• Explore how to develop inclusive practices• Examine trust and relationship focus with collaborations• Outline processes for managing sustaining engagement
<p>Coral 3</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency Domain</i> <i>1A, 1B, 1C, 1D</i></p>	<p>C-5: Centered Parenting: Kids Are Falling Apart Because Their Foundations Are Shaky <i>Ania Boyd, MPH, Community Engagement Lead, BrightLife Kids</i></p> <p>Children and youth mental health rates have risen dramatically over the past decades, reaching an all-time high post-pandemic. Parents aren't doing well either. In August 2024, the U.S. Surgeon General issued an advisory on the mental health and well-being of parents, highlighting an "urgent need to better support parents, caregivers, and families." California recently launched a statewide initiative aimed at improving children and youth mental health with a focus on strengthening families from the inside out through virtual behavioral health coaching for the whole family. This presentation will explore how California is leading the way in Centered Parenting and get a first glimpse at results of the new statewide initiative.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none">• Explore the evidence-based link between children and caregiver mental health• Discover a new statewide initiative focused on supporting the whole family through centered parenting• Examine a centered parenting real-life program example and get a glimpse at first-year results



Friday, September 27

3:00 – 3:30 PM	Break and Visit Exhibits and Bookstore
3:30 – 5:00 PM	Breakout Sessions D 1.5 Contact Hours • Note: All Sessions CME/CE Approved as Noted
<p style="text-align: center;">Silver Pearl 2</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency Domain</i> <i>N/A</i></p>	<p>D-1 (Live + Virtual) : Reimagining a Child and Family Well-Being System of Care Alfredo Guardado, MSW, Assistant Director, and Sarah Glass, MSW, Deputy Director, County of San Diego Child and Family Well-Being Department, Office of Child and Family Strengthening</p> <p>In July 2023, San Diego County Health and Human Services Agency embarked on a journey of redesigning child safety and family strengthening work in San Diego County. This presentation provides an overview from local leadership of the process of reimagining what is now the Child and Family Well-Being Department and how all community partners can be part of this transformation. We will focus on the shift from mandated reporting to community supporting, the integration of First 5 San Diego and Child Welfare Services to establish the Child and Family Well-Being Department, and the creation of the new Office of Child and Family Strengthening to support prevention work in San Diego County.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Learn how change management techniques that include staff at all levels, as well as community partners and those with lived experiences, were utilized to support family strengthening work • Be informed of the local and statewide shift from mandated reporting to community supporting and learn how attendees can be involved • Gain knowledge of San Diego’s child and family well-being system of care at all levels
<p style="text-align: center;">Silver Pearl 3</p> <p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency Domain</i> <i>1A, 1C, 1D, 1E, 1F</i></p>	<p>D-2 (Live + Virtual): “Children have layers. . .like an onion!”: Young Children with Complex Cases Jeff Rowe, MD, Child and Adolescent Psychiatrist, ECMH We Can’t Wait Conference Co-Chair</p> <p>This session will lead the audience through a case discussion of a child who presents with complex difficulties. The audience will participate in thinking about the decision points this case presents, see what the presenter did, and compare how they might have handled the situation. This presentation should “feel” like a clinical supervision session, with Dr. Rowe being supervised by the audience.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the complex areas of difficulty a child can present with even if they are not exposed to serious prenatal or infancy risk factors • Explore how they might prioritize treatment options given areas of functional impairment in the child • Examine the various options available when trying to match treatment choices with symptoms profiles

Friday, September 27

<p style="text-align: center;">Coral 2</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency Domain</i> <i>1A, 1B</i></p>	<p>D-3: The Deb Stolz Memorial Workshop: CAAVE – Compassion, Acceptance, Awareness, Validation, and Empowerment: An Embodied Approach <i>Krysta Esquivel, MSW, Vice President Social Services, YMCA of San Diego County, and Kristina Halmai-Gillan, LMFT, Director of Service Intervention, Youth and Family Services, YMCA of San Diego County</i></p> <p>This presentation will explore human connection as a basic and critical need for growing young brains, how meaningful relationships support positive youth development, and how stress can frustrate the development of self-regulation skills. Attendees will learn the elements of co-regulation, and how approaching young clients with compassion, awareness, acceptance, validation, and empowerment will improve engagement in the therapeutic processes.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify two ways relationships nourish positive child development • Outline the ways in which stress can impact neurodevelopment in children • Identify the three factors that contribute to co-regulation
<p style="text-align: center;">Coral 3</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency Domain</i> <i>1F</i></p>	<p>D-4: The Spirit of Motivational Interviewing and the Path to MI Proficiency <i>Renee Sievert, RN, LMFT, PCC, Sievert Services LLC, Member of the Motivational Interviewing Network of Trainers (MINT)</i></p> <p>Motivational Interviewing (MI) is often recommended as an evidence-based approach to engage clients to consider behavior change. Although the full framework of MI is a complex skill set that requires time and practice, the principles of MI have “intuitive” and “common sense” appeal, and the Spirit of MI can be immediately applied as you practice this approach. In this fun, interactive, introductory MI session, take a first step toward the path to proficiency.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the processes and principles of Motivational Interviewing (MI) • Demonstrate MI Spirit and use of OARS • Explore ways to learn and practicing MI to ensure a path to proficiency
<p style="text-align: center;">Coral 1</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency Domain</i> <i>1F</i></p>	<p>D-5: But First, the Art: An Art-Based Directive for Families and Groups <i>*(Limited to 25 participants)</i> <i>Melanie Morones, LMFT, ATR, ECMHS, Early Childhood Mental Health Clinical Program Director, YMCA of San Diego County, and Liz Sizemore, AMFT, AT, San Diego Center for Children</i></p> <p>This session is intended to provide participants with a knowledge base in the benefits of art-based therapeutic interventions as well as some practical applications of art directives that they can immediately use in sessions with families. The presentation will help participants to explore process versus product as it relates to the art making experience and the ways in which providers can use this as a tool to support therapeutic goals.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the wholistic benefits of art-based interventions • Explore how both process and product relate to the healing aspects of art making • Practice applying two novel and evidence-informed ways of connecting and processing through art, in ways that support clinical goals
<p style="text-align: center;">5:00 PM</p>	<p style="text-align: center;">Conference Ends</p>

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Special Thanks for Performing at the Networking Reception

The Resonators — Featuring John January and Bruce Wexler



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*The Planning Committee wishes to honor the life and legacy of **Deb Stolz**,
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ECMH Planning Committee Member 2010–2020*

*The Planning Committee wishes to honor the life and legacy of **Chris Muecke, MEd**
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IF-ECMH COMPETENCIES



CALIFORNIA CENTER
for Infant-Family and Early Childhood Mental Health
at WestEd Center for Prevention and Early Intervention

The 15th Annual Early Childhood Mental Health Conference sessions are approved for IF-ECMH certificates.

If you are interested in obtaining certificates for these sessions, please access the IF-ECMH Certificate Request Form: [Click Here](#).

Email your completed forms to Renee Sievert at ECMHcoordinator@gmail.com at the end of the conference.

Certificates will be emailed to you after the conference.

The California Center for Infant-Family and Early Childhood Mental Health website, endorsement criteria, and training documents have been updated.

The following updated documents are available online at the California Center website:

<http://cacenter-ecmh.org>

California Compendium of Training Guidelines, Personnel Competencies, and Professional Endorsement Criteria for Infant-Family and Early Childhood Mental Health provides an introduction to IF-ECMH, training and endorsement specifics and matrices for the endorsement categories. For more information, [Click Here](#).

Professional Endorsement: Defining a Standard of Excellence – outlines the California Center for Infant-Family Early Childhood Mental Health endorsement categories.

Endorsement Application – to request endorsement in any of the endorsement categories.

If you would like to receive the California Center newsletter and be notified when the new versions are available, please email your request to: cacenter-ecmh@wested.org.

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Conference Funding



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- (Highlighted in Rose Color)
- Silver Pearl Ballroom 1 – Exhibits
- Silver Pearl Ballroom 2 & 3 – General Session
- Tidepool 5 – Office
- Corals 1-4 – Breakouts

