



New Hampshire Association for Infant Mental Health

*Shaping Lives Before Birth and Beyond*

## **24<sup>th</sup> Annual Conference**

*Breaking the Cycle of Poverty: Overcoming its Impacts, Successful  
Strategies for Engaging Families*

Including a special presentation:

Recognizing, diagnosing and treating depression in preschoolers

*featuring*

**Joan L. Luby, MD** – Director, Early Emotional Development Program  
Washington University School of Medicine, Department of Psychiatry  
and

**Prudence Pease, BA** - Certified Facilitator,  
Bridges Out of Poverty

October 11-12, 2018

Mill Falls at the Lake

Meredith, NH

*This conference has been approved by the NHAMFT for up to 10.75 CEUs.*

## ***THURSDAY, OCTOBER 11, 2018 SCHEDULE***

7:30-8:45		<b>CONFERENCE REGISTRATION AND CONTINENTAL BREAKFAST</b>	
8:45-11:45		The Effects of the Environment on Brain Development: Implications for Early Intervention and Prevention in Mental Health <i>Joan Luby, MD</i>	
11:45 – 1:15	<b>Lunch</b> on your own		
1:15 – 3:15	<b>Workshops</b> Locations TBD	<b><u>Workshop A</u></b> Recognizing, Diagnosing and Treating Depression in Preschoolers <i>Joan Luby, MD</i>	<b><u>Workshop B</u></b> NH Schools: Identifying and Supporting Young Children Experiencing Homelessness <i>NH McKinney-Vento training team</i>
3:15 – 3:45	<b>Break</b>		
3:45 – 5:00	Resource Panel	New Hampshire's Response to Poverty <i>Eileen Groll Lipones, Executive Director of the NH Foodbank, Courtney Porter, MSW, Elliott Berry, Esq., NH Public Defenders Office, and Stephanie Perkins, Child and Family Services</i>	

## ***FRIDAY, OCTOBER 12, 2018 SCHEDULE***

7:30-8:45		<b>FULL BUFFET BREAKFAST</b>	
8:45-11:45		Breaking the Cycle of Poverty <i>Prudence Pease, BA, Certified Facilitator, Bridges Out of Poverty</i>	
11:45 – 1:15	<b>Lunch</b> on your own		
1:15 – 3:15	<b>Workshops</b> Locations TBD	<b><u>Workshop C</u></b> Breaking the Cycle of Poverty, Part II <i>Prudence Pease, BA, Certified Facilitator, Bridges Out of Poverty</i>	<b><u>Workshop D</u></b> Reaching for Housing Security <i>Heidi Petzolt, Stephanie Perkins, MT-BC, and Aleah Belyea</i>

# Thursday, October 11, 2018

**THE EFFECTS OF THE ENVIRONMENT ON BRAIN DEVELOPMENT: IMPLICATIONS FOR EARLY INTERVENTION AND PREVENTION IN MENTAL HEALTH** - This presentation will review the most recent scientific data showing a link between aspects of the psychosocial environment (both adversity and nurturance) on childhood brain development. The implications of these findings for prevention in childhood behavioral disorders will be discussed.

*JOAN LUBY, MD*

## **Afternoon Workshop Choices:**

**A. RECOGNIZING, DIAGNOSING AND TREATING DEPRESSION IN PRESCHOOLERS** – In this session, participants will learn to recognize and diagnose depression in the preschool-aged child. We will discuss the scientific validation of clinical depression in this age group. Findings supporting the use of early parent-child dyadic therapy focused on enhancing emotion development will be presented.

*JOAN LUBY, MD*

**B. NH SCHOOLS: IDENTIFYING AND SUPPORTING YOUNG CHILDREN EXPERIENCING HOMELESSNESS** – Members of the NH McKinney-Vento training team will discuss how NH schools address homelessness in the early childhood and elementary education setting. Participants will gain an understanding of the impact of the McKinney-Vento Law, as it relates to young children, and learn about outreach strategies and resources that reduce barriers to education.

*NH MCKINNEY-VENTO TRAINING TEAM*

**RESOURCE PANEL: NEW HAMPSHIRE'S RESPONSE TO POVERTY** - Representatives from an array of programs providing services to families facing economic challenges will share information about innovative programs and available resources. This workshop will provide information regarding specific programs and resources that address housing, educational, legal and nutritional needs of children and families living in poverty.

*EILEEN GROLL LIPONES, COURTNEY PORTER, MSW, ELLIOTT BERRY, ESQ., AND STEPHANIE PERKINS, MT-BC*

# Friday, October 12, 2018

**BREAKING THE CYCLE OF POVERTY** – This *Bridges Out of Poverty* workshop teaches key lessons in understanding and supporting individuals who live in poverty. The workshop is based on the book *Bridges Out of Poverty: Strategies for Professionals and Communities*, a collaboration between Ruby K. Payne, Phillip DeVol, and Terie Dreussi Smith. Phil's experience includes developing school-based substance abuse prevention, intervention and student assistance programs. Terie is an experienced educator and prevention coordinator.

*PRUDENCE PEASE, BA*

## **Afternoon Workshop Choices:**

**C. BREAKING THE CYCLE OF POVERTY, PART II** –Part II of the *Bridges Out of Poverty* workshop delves more deeply into this topic. The presentation will help to increase awareness of differences in economic cultures and how these differences affect one's opportunities for success. We will examine concepts of social coherence and learn about social capital strategies for addressing economic adversity. Concrete tools such as The Community Assessment Tool will be shared.

*PRUDENCE PEASE, BA*

**D. REACHING FOR HOUSING SECURITY** – Many families may face housing insecurity in today's high rental markets. Panel presenters will guide the audience through definitions and the different types of housing insecurity that families face and learn evidence-based techniques to support a family emotionally and logistically through the housing process. Participants will learn different types of low-income housing options available through the Bureau of Housing Supports. The audience will also hear two success stories, told first-hand, about overcoming the challenges of homelessness.

*HEIDI PETZOLT, STEPHANIE PERKINS, MT-BC, AND ALEAH BELYEA*

## ***About our presenters:***

***Elliott Berry, Esq.*** is the managing attorney and Housing Project Director for the Manchester office of NH Legal Assistance.

***Aleah Belyea*** is a stay-at-home mom of three toddlers, twin boys and a girl. She lives with her boyfriend, Justin, who has Multiple Sclerosis. Her dream is to study cosmetology once her kids are in school.

***Eileen Groll Liponis*** is the Executive Director of the NH Food Bank.

***Stephanie LeClair*** is the Title 1 Director and McKinney –Vento Liaison for the Rochester Schools.

***Joan Luby, MD***, Director, Early Emotional Development Program, Co-PI NIMH Post-doctoral training program in developmental affective neuroscience, the Early Emotional Development Program of Washington University School of Medicine. Joan's major awards include: The AACAP Irving R. Philips Award for Prevention, 2015; Washington University School of Medicine Faculty Achievement Award, 2015; Lifetime Achievement Award in Child and Adolescent Psychiatry (University of Missouri, 2014; President- International Society for Research in Child and Adolescent Psychopathology, 2015-2017; NARSAD Gerald L. Klerman Award for Outstanding Clinical Research, 2004. Her areas of clinical interest are: the diagnosis and treatment of mood disorders in preschool children, developmental psychopathology, behavioral disorders in preschool children, the use of Dyadic Play Therapy for mood disorders in preschoolers, and infant/preschool psychiatry.

***Prudence Pease, BA*** is a certified *Bridges Out of Poverty* facilitator and has trained more than 3,000 individuals, including human service providers, human resource professionals, and employers, in the *Bridges Out of Poverty* approach. Her personal story of growth and change as she traveled the road from welfare mom to judicial officer is extremely compelling and demonstrates beautifully the messages of *Bridges Out of Poverty*. Prudence is a graduate of the Vermont Leadership Institute. She is a highly sought-after speaker and currently contracts with United Way of Chittenden County. She has created a career dedicated to advancing the lives of others in her community and in the state of Vermont.

***Cathy Pellerin*** is the Early Childhood Coordinator of the Families in Transition Program, and Director of the One 4 All Family Resource Center in Claremont, NH.

***Stephanie Perkins, MT-BC*** has been empowering families to achieve their goals since 2001. She is a board certified music therapist, and a certified Alzheimer's educator and trainer. She is currently a home visitor with the Healthy Families America Program at Child and Family Services of New Hampshire.

***Heidi Petzold*** has over ten years of experience working in the Department of Health and Human Services serving children, families and individuals in New Hampshire. Heidi's past experience involves working with the Division for Children, Youth, and Families, the Division of Family Assistance, and the Maternal and Child Health Section of Public Health in both direct service capacity and on the administrative level. Currently earning her Masters' Degree in Public Policy, she hopes to continue to advocate for families through policy change. Heidi is thrilled to be part of the Bureau of Housing Supports team working with vulnerable populations and data quality/reporting. Heidi is passionate and dedicated to the mission of ending homelessness and providing individuals with the support to thrive.

***Jocelyne Pinsonneault*** is the Homeless Education Liaison and Parent Involvement Coordinator for the Manchester School District.

***Courtney Porter, MSW, MEd*** is a certified teacher and the school social worker and McKinney-Vento Homeless Liaison in Claremont, NH. Courtney serves as part of the Families in Transitions Team, providing service and supports to families in need.

***Lynda Thistle- Elliot, PhD*** is the Director of Education for Homeless Children and Youth, and Coordinator of Title 1 Migrant Education within the NH Department of Education.

## CONFERENCE INFORMATION

### REGISTRATION

The registration fee is **\$140.00 for members** and **\$175.00 for non-members** and includes continental breakfast Thursday, a full buffet breakfast Friday and snacks.

There is no discount for one-day registrations. Registration fees are non-refundable.

Registration deadline: September 15, 2018

#### **HOW TO REGISTER:**

Go to [NHAIMH.camp9.org](http://NHAIMH.camp9.org) to register for this event. We encourage payment to be made directly on the website at the time of registration. If you are unable to pay online, mail your check to:

**NHAIMH**

**P.O. Box 1421**

**Concord, NH 03302**

**If you require a paper form, please contact [nhaimh@gmail.com](mailto:nhaimh@gmail.com).**

### CONTINUING EDUCATION INFORMATION

This conference has been approved for up to 10.75 CEUs.

CEUs are FREE to members, and available for a \$10.00 fee for non-members (payable at the conference)

### MEMBERSHIP

*Membership has benefits:*

- *Conference discounts*
- *Free or reduced costs for membership activities and trainings*
- *Professional networking opportunities*
- *Mini-grants to support trainings and projects*

***Are you a NHAIMH member?***

Visit our website to learn more: <http://nhaimh.org/membership> OR

Click here to become a member: <http://nhaimh.camp9.org/page-802490?>

Email us with any questions: [nhaimh@gmail.com](mailto:nhaimh@gmail.com)

## LODGING INFORMATION

Mill Falls at the Lake, Church Landing  
281 Daniel Webster Highway, Meredith, NH

A block of rooms has been reserved at the Inn at Mills Falls at a discounted rate for conference participants from Wednesday, October 10, 2018 through Friday, October 12, 2018. There are also a few rooms reserved at the Chase House and Church Landing. Participants are responsible for making their own reservations.

*Reservations can be made by phone at 1-800-622-6455.*

### **A deposit equivalent to one night's lodging is required by September 10, 2018.**

When making a reservation, attendees must identify themselves as participants of the **NHAIMH Annual Conference** to ensure they receive the correct rate and group placement. Rates cannot be changed upon arrival nor can discounts be given to guests who did not identify themselves when making their reservation.

Rates:

#### **The Inn at Mills Falls - \$125 per room, double occupancy**

The Inn at Mills Falls is a restored nineteenth-century linen mill. A tumbling 40-foot waterfall creates a setting that envelops guests in an atmosphere of warmth, comfort, and easy relaxation. The 54-room inn has two pet-friendly guest rooms and is ideal for families, with its indoor pool and favorable location adjacent to the Mills Falls Marketplace, restaurants, and Main Street activities. Mill Falls redefines the traditional country inn.

#### **The Chase House - \$175 per room**

The Chase House is a cozy home away from home located across the street from Meredith Bay. The Chase House offers views of the bustling town docks and positions you just steps away from Meredith's quaint village life. All guest rooms are built for your comfort, with crackling fireplaces and lake views; some have two-person jetted baths.

#### **Bay Point - \$175 per room**

Bay Point, a short walk from Church Landing, sits right on the water's edge. Enjoy amazing views from the deck. Just renovated spring of 2018!

#### **Church Landing - \$225 per room, limited availability** (Offers luxury accommodations, lakeside, sleeps 2-5 people)

Set on the stunning shores of Lake Winnepesaukee and surrounded by lush gardens and lawns, this luxurious Adirondack-style inn redefines rustic elegance. The award-winning resort features 70 designer-decorated guest rooms with private lakefront balconies, cozy fireplaces, down bedding, convenient beach access, two indoor/outdoor pools, a fitness center, and the full-service Cascade Spa and Salon.

**Tax:** The rates listed above are net (non-commissionable), based on single or double occupancy, per night, and do not include NH tax which is currently 9%.

**Fees:** A charge of \$20.00 + tax will be collected for each third and fourth person sharing a guestroom, per night. For your convenience, a \$2.50 per room, per day housekeeping gratuity will be added to each guestroom. A fee of \$1.50 per room, per night will be added to each guestroom for the Meredith Village Conservation and Preservation Fund.

**Cancellation Policy:** Cancellation or shortening of reservation length of stay is required at least 72 hours prior to arrival. If a change is needed within the 72-hour time frame, we will do our best to re-sell the accommodation. If we are not successful, payment in full will be expected.

**Check-in and Check-out:** Check-in time is after 3:00 PM. Check-out time is by 11:00 AM.

Mill Falls at the Lake offers walking paths, spa services, casual-to-fine dining opportunities and outdoor recreational activities. Picturesque downtown Meredith offers a multitude of dining and shopping options, opportunities to stroll along the lakefront boardwalk and boarding for Mount Washington Cruises, including the popular Scenic Foliage and Sunset Dinner Dance Cruise on Lake Winnepesaukee.

[Click here](#) for directions to Mill Falls.