

FRIDAY, March 22, 2019 (Day One)

Registration: 9 am – 9:30 am (*light breakfast is available*)

Conference Start: 9:30 am

Lunch: 12 – 1:15 pm (on your own)

Conference End: 5 pm

Stone Soup Group ★

Supporting families who care for children with special needs

Time	Room	Title	Presenters
9:30 -10:00 am	Birch	Welcome	Mary Middleton , Executive Director
10:00 – 12 pm	Birch	Challenging Behavior Basics – Understanding Applied Behavior Analysis (ABA), an introduction to using a science-based approach, and working with other disciplines.	Phil Tafts, PCR Alaska University of Alaska Anchorage, Center for Human Development (CHD) Effective Behavior Interventions – Summer Lefebvre, Rebecca Parenteau, and Malarie Dufrane
Lunch Break (on your own) – 12:00-1:15 pm			
1:15 - 3 pm	Birch	Addressing Challenging Behavior Workshop Skill building: 1. Controlling the reinforcer 2. Prompting 3. Using your environment 4. Behavioral Skills Training	CHD Effective Behavior Interventions
Break – 3:00-3:15 pm			
3:15 - 5 pm	Birch	Addressing Challenging Behavior Workshop Skill building continued	CHD Effective Behavior Interventions
12:00 - 5 pm	Alder & Cottonwood	Sensory Demonstration Visit the Alder and Cottonwood rooms to experience how the environment can impact behavior	SSG Staff

End of Day One

SATURDAY, March 23, 2019 (Day Two)

Registration: 8:30 am – 9:00 am (*light breakfast is available*)

Conference Start: 9:00 am

Lunch: 12:00 – 1:15 pm (*on your own*)

Conference End: 4:30 pm

Stone Soup Group ★

Supporting families who care for children with special needs

Time	Room	Title	Presenters
9:00 -9:15 am	Birch	Welcome	Mary Middleton, Executive Director
9:15 -12:00 pm	Birch	Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience* Learning Objectives: 1. Describe how the brain and nervous system respond to stress. 2. Explain why mind-body practices are essential tools for reducing stress and regulatory skills for children and adults. 3. Demonstrate two mind-body practices you can use daily. 4. List two resources for mind-body practices	Linda Chamberlain, PhD, MPH
Lunch Break (on your own) 12:00 – 1:15 pm			
1:15 - 2:15 pm	Birch	Continued: Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience	Linda Chamberlain, PhD, MPH
2:15 - 3:15 pm	Birch	Power of Understanding Behavior Obstacles How to understand, improve, and persevere some puzzling, but explainable conduct. Courage to resolve and climb the mountains.	Heidi Kelly
Break – 3:15-3:30 pm			
3:30 - 4:30 pm	Birch	Parent Panel: Challenging Behavior Experienced parents share their stories on the topic of challenging behavior.	To be announced
9 am - 4:30 pm	Alder & Cottonwood	Sensory Demonstration Visit the Alder and Cottonwood rooms to experience how the environment can impact behavior	SSG Staff

***Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience**

This toolkit helps families understand how unaddressed stress can lead to difficult behaviors, problems with self-regulation and health issues. Dr. Chamberlain uses visual props to explain how our brains respond to stress and strategies that adults and children can use to calm the brain. The capacity to change our brains, referred to as growth mindset, is something we can do at any age. Growth mindset is a leading predictor of academic achievement and well-being. Dr. Chamberlain translates the latest scientific evidence into user-friendly content to demonstrate how mind-body interventions work with the brain from the “bottom-up” to release stress from the body, facilitate co-regulation between caregivers and children and enhance resiliency skills. Participants will practice simple mind-body tools including how to use their breath, progressive relaxation, mindfulness and movement as part of positive parenting, managing stress and well-being.

End of Conference