









# Be Healthy, Be Safe, Be Well

Health and Mental Health Leaders Institute



TUESDAY MAY 25, 2021

Time ET	Session Type	Speaker(s)
11:00 am – 11:15 am	Welcome	<p><b>Office of Head Start</b>  <b>Marco Beltran, DrPH</b>  <i>Senior Program Specialist</i></p> <p><b>Sangeeta Parikshak, PhD</b>  <i>Social Science Analyst and Lead for Early Childhood Behavioral Health</i></p> <p><b>National Center on Health, Behavioral Health, and Safety</b>  <b>Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> <p><b>Neal Horen, PhD</b>  <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p>  
11:15 am – 12:15 pm	Plenary 1	<p><b><u>Realizing the Promise for Child Well-Being Together</u></b>  <b>Mayra E. Alvarez, MHA</b>  <i>President, The Children's Partnership</i>  <i>Member, President Biden's COVID-19 Health Equity Task Force</i>  <i>NCHBHS Consortium</i></p> <p><b>Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p>     
 <p><b>Check out the Lounge feature of the Institute for wellness-based mini breaks. We know that zoom fatigue is real. Take a minute to breathe, walk in nature, share self-care strategies, do a body scan, participate in a guided meditation, or a stretch break. These activities are self-guided and available all day during the Insitute!</b></p>		
CONCURRENT WORKSHOP SESSIONS		

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Time ET	Session Type	Speaker(s)
12:30 pm – 1:30 pm	Workshop 1	<p><b><u>Vision Screening Birth to Age 5</u></b>  <b>Kira Baldonado, BA</b>  <b>P. Kay Nottingham Chaplin, EdD</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Steve Shuman, BS</b>  <i>NCHBHS Consortium</i></p>
12:30 pm – 1:30 pm	Workshop 2	<p><b><u>Food Insecurity: Promoting Open Conversations</u></b>  <b>Nicole Patterson, MSACN, NDTR</b>  <b>Kristine Gauthier, PhD, MPH, PNP-PC</b>  <b>Katie Volk, MA</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Katrina Holt, MPH, MS, RD, FAND</b>  <i>NCHBHS Consortium</i></p>
12:30 pm – 1:30 pm	Workshop 3	<p><b><u>Trauma, Racism, and Inequity in Early Childhood: Policy &amp; Practice Implications (Part 1 of 2)</u></b>  <b>Carmen Holley, LCSW</b>  <b>Jaclyn Russo, PhD</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Amy Hunter, LICSW</b>  <i>NCHBHS Consortium, Co-lead for Behavioral Health</i></p>
12:30 pm – 1:30 pm	Workshop 4	<p><b><u>Safe Playgrounds When Returning to In-Person Services</u></b>  <b>Tobie Barton, MA</b>  <i>NCHBHS Consortium</i></p>

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Time ET	Session Type	Speaker(s)
12:30 pm – 1:30 pm	Workshop 5	<b><u>Adult Recess</u></b> <b>Julia Sayles, MSCP, LMHC</b> <i>NCHBHS Consortium</i> 
CONCURRENT WORKSHOP SESSIONS		
1:45 pm – 2:45 pm	Workshop 1	<b><u>Health &amp; Family Services: Addressing Stigma &amp; Substance Use During &amp; After COVID-19</u></b> <b>Rachael Cooper, MA</b> <i>NCHBHS Consortium</i>  <b>With support from Julia Sayles, MSCP, LMHC</b> <i>NCHBHS Consortium</i> 
1:45 pm – 2:45 pm	Workshop 2	<b><u>Trauma, Racism, and Inequity in Early Childhood: Policy &amp; Practice Implications (Part 2 of 2)</u></b> <b>Colleen Cicchetti, PhD, MEd</b> <b>Carmen Holley, LCSW</b> <i>NCHBHS Consortium</i>  <b>With support from Maria Eugenia Vázquez Betancourt, MBHR, MEd</b> <i>NCHBHS Consortium</i> 
1:45 pm – 2:45 pm	Workshop 3	<b><u>Environmental Health: Integrated Pest Management &amp; Lead Exposure</u></b> <b>Abbey Alkon, PNP, MPH, PhD</b> <b>Judith Kunitz, MA</b> <i>NCHBHS Consortium</i>  <b>With support from Steve Shuman, BS</b> <i>NCHBHS Consortium</i> 

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Time ET	Session Type	Speaker(s)
1:45 pm – 2:45 pm	Workshop 4	<p><b><u>Five Key Oral Health Messages to Share with Head Start Families &amp; Staff</u></b>  <b>Beth Lowe, MPH, BSDH</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Katrina Holt, MPH, MS, RD, FAND</b>  <i>NCHBHS Consortium</i></p>
1:45 pm – 2:45 pm	Workshop 5	<p><b><u>Relationships Matter to the Mental Health of Children, Parents, &amp; Providers</u></b>  <b>Kadija Johnston, LCSW</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Amy Hunter, LICSW</b>  <i>NCHBHS Consortium, Co-lead for Behavioral Health</i></p>
3:00 pm – 4:00 pm	Plenary 2	<p><b><u>Caregiving Under Stress: What Young Children Need to Thrive In Dangerous &amp; Uncertain Times</u></b>  <b>Alicia F. Lieberman, PhD</b>  <i>Irving B. Harris Endowed Chair in Infant Mental Health, Professor and Vice Chair for Faculty Development, UCSF Department of Psychiatry and Behavioral Sciences, UCSF Weill Institute for Neurosciences Director, Child Trauma Research Program, San Francisco General Hospital</i>  <i>NCHBHS Consortium</i></p> <p><b>Neal Horen, PhD</b>  <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p>

# Be Healthy, Be Safe, Be Well

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WEDNESDAY MAY 26, 2021

Time ET	Session Type	Speaker(s)
11:00 am – 11:15 am	Welcome	<p><b>Dr. Bernadine Futrell, PhD</b>  <i>Director, Office of Head Start  Administration for Children and Families  U.S. Department of Health and Human Services</i></p> <p><b>Sangeeta Parikshak, PhD</b>  <i>Social Science Analyst and Lead for Early Childhood Behavioral Health  Office of Head Start, Administration for Children and Families  U.S. Department of Health and Human Services</i></p>  
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CONCURRENT WORKSHOP SESSIONS		
11:15 am – 12:15 pm	Workshop 1	<p><b><u>Head Start as a Maternal Health Intervention</u></b>  <b>Khadija Gurnah, MPH</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Kim Clear-Sandor, MSN, RN, FNP</b>  <i>NCHBHS Consortium</i></p>     
11:15 am – 12:15 pm	Workshop 2	<p><b><u>Promoting Self-Regulation During Difficult Conversations on Race</u></b>  <b>Amittia Parker, PhD, LMSW, MPA</b>  <i>NCHBHS Consortium</i></p>     

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WEDNESDAY MAY 26, 2021

Time ET	Session Type	Speaker(s)
11:15 am – 12:15 pm	Workshop 3	<p><b><u>Caring for Our Children (CFOC)</u></b>  <b>Nicole Patterson, MSACN, NDTR</b>  <b>Christine Perreault, MHA, BSN, RN, NCSN</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Katrina Holt, MPH, MS, RD, FAND</b>  <i>NCHBHS Consortium</i></p>
11:15 am – 12:15 pm	Workshop 4	<p><b><u>Live from the Hive</u></b>  <b>Neal Horen, PhD</b>  <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p> <p><b>Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> <p><b>Amy Hunter, LICSW</b>  <i>NCHBHS Consortium, Co-lead for Behavioral Health</i></p> <p><b>Steve Shuman, BS</b>  <i>NCHBHS Consortium, Director of Outreach and Distance Learning</i></p>
11:15 am – 12:15 pm	Workshop 5	<p><b><u>Adult Recess</u></b>  <b>Julia Sayles, MSCP, LMHC</b>  <i>NCHBHS Consortium</i></p>

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WEDNESDAY MAY 26, 2021

Time ET	Session Type	Speaker(s)
12:30 pm – 1:30 pm	Plenary 1	<p><b><u>The Power of Early Childhood</u></b>  <b>Bruce D. Perry, MD, PhD</b>  <i>Principal, Neurosequential Network  Senior Fellow, The Child Trauma Academy  Adjunct Professor, Departments of Psychiatry and Behavioral Sciences, Feinberg School of Medicine, Northwestern University; School of Allied Health, College of Science, Health and Engineering, La Trobe University, Melbourne (Australia)  NCHBHS Consortium</i></p> <p><b>Neal Horen, PhD</b>  <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p>
CONCURRENT WORKSHOP SESSIONS		
1:45 pm – 2:45 pm	Workshop 1	<p><b><u>Working with Families to Improve Oral Health</u></b>  <b>Francisco Ramos-Gomez, DDS, MS, MPH</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Katrina Holt, MPH, MS, RD, FAND</b>  <i>NCHBHS Consortium</i></p>
1:45 pm – 2:45 pm	Workshop 2	<p><b><u>Preparing for Full Return of Children and Families</u></b>  <b>Kelly Wilson</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Amy Hunter, LICSW</b>  <i>NCHBHS Consortium, Co-lead for Behavioral Health</i></p>



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Time ET	Session Type	Speaker(s)
1:45 pm – 2:45 pm	Workshop 3	<p><b><u>Open Windows, or Not? ...and other Facility Considerations to Minimize COVID-19</u></b>  <b>Kim Clear-Sandor, MSN, RN, FNP</b>  <i>NCHBHS Consortium</i></p>
1:45 pm – 2:45 pm	Workshop 4	<p><b><u>Head Start Health Services Competencies</u></b>  <b>Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> <p><b>With support from Steve Shuman, BS</b>  <i>NCHBHS Consortium</i></p>
1:45 pm – 2:45 pm	Workshop 5	<p><b><u>Head Start Heals</u></b>  <b>Julia Sayles, MSCP, LMHC</b>  <i>NCHBHS Consortium</i></p>
3:00 pm – 4:00 pm	Plenary 2	<p><b><u>Sesame Workshop: COVID-19 Messaging with a Trauma Lens</u></b>  <b>Antonio Freitas, BSW, MS</b>  <i>NCHBHS Consortium</i></p> <p><b>Neal Horen, PhD</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p>







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11:00 am – 11:15 am	Welcome	<p><b>Office of Head Start</b>  <b>Marco Beltran, DrPH</b>  <i>Senior Program Specialist</i></p> <p><b>Sangeeta Parikshak, PhD</b>  <i>Social Science Analyst and Lead for Early Childhood Behavioral Health</i></p> <p><b>National Center on Health, Behavioral Health, and Safety</b>  <b>Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> <p><b>Neal Horen, PhD</b>  <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p> 
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CONCURRENT WORKSHOP SESSIONS		
11:15 am – 12:15 pm	Workshop 1	<p><b><u>A Culture of Safety During COVID-19</u></b>  <b>Kim Clear-Sandor, MSN, RN, FNP</b>  <b>Stephanie Knutson, EdD, MSN, RN</b>  <i>NCHBHS Consortium</i></p> 
11:15 am – 12:15 pm	Workshop 2	<p><b><u>Creating Collaborative Teams: Reducing Staff Stress Together</u></b>  <b>Julieta Hernandez, PhD, LCSW, IMH-E</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Maria Eugenia Vázquez Betancourt MBHR, MSEd</b>  <i>NCHBHS Consortium</i></p> 

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Time ET	Session Type	Speaker(s)
11:15 am – 12:15 pm	Workshop 3	<b><u>Talking with Family, Staff, &amp; Children About Grief &amp; Loss</u></b> <b>Kelli McDermott, LICSW</b> <i>NCHBHS Consortium</i> 
11:15 am – 12:15 pm	Workshop 4	<b><u>Social Determinants of Health</u></b> <b>Shantel Meek, PhD</b> <b>Amittia Parker, PhD, LMSW, MPA</b> <b>Steve Shuman, BS</b> <i>NCHBHS Consortium</i> 
11:15 am – 12:15 pm	Workshop 5	<b><u>Returning to In-Person Services: Supporting Staff, Families, &amp; Children</u></b> <b>Neal Horen, PhD</b> <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i> 
12:30 pm – 1:30 pm	Plenary 2	<b><u>Self-Regulation, Self-Reflection, and Self-Care: Hallmarks of Health for ECE Providers</u></b> <b>Brenda Jones Harden, PhD, MSW</b> <i>Alison Richman Professor for Children and Families, University of Maryland School of Social Work</i> <i>NCHBHS Consortium</i>  <b>Nancy Topping-Tailby, LICSW</b> <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i> 
CONCURRENT WORKSHOP SESSIONS		

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Time ET	Session Type	Speaker(s)
1:45 pm – 2:45 pm	Workshop 1	<p><b><u>Health Manager Network Leadership</u></b>  <b>Steve Shuman, BS</b>  <i>NCHBHS Consortium</i></p> 
1:45 pm – 2:45 pm	Workshop 2	<p><b><u>Children with Special Health Care Needs</u></b>  <b>Kim Clear-Sandor, MSN, RN, FNP</b>  <b>Christine Perreault, MHA, BSN, RN, NCSN</b>  <i>NCHBHS Consortium</i></p> 
1:45 pm – 2:45 pm	Workshop 3	<p><b><u>Adult Recess</u></b>  <b>Julia Sayles, MSCP, LMHC</b>  <i>NCHBHS Consortium</i></p> 
1:45 pm – 2:45 pm	Workshop 4	<p><b><u>Spotlight on Safety &amp; Social Emotional Well-being in a Pandemic</u></b>  <b>Bobbie Rose, RN, PHN</b>  <b>Maria Eugenia Vázquez Betancourt MBHR, MSEd</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> 
1:45 pm – 2:45 pm	Workshop 5	<p><b><u>Healthy Kids in the Time of COVID-19</u></b>  <b>Nicole Patterson, MSACN, NDTR</b>  <b>Kristine Gauthier, PhD, MPH, PNP-PC</b>  <i>NCHBHS Consortium</i></p> <p><b>With support from Katrina Holt, MPH, MS, RD, FAND</b>  <i>NCHBHS Consortium</i></p> 

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Time ET	Session Type	Speaker(s)
3:00 pm – 4:00 pm	Plenary 2	<p><b><u>Panel: Head Start Comprehensive Services for Pregnant People</u></b>  <b>Moderator: Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> <p><b>Beth Stewart, RDH</b>  <b>Darius Tandon, PhD</b>  <b>Alison Pilsner, MPH, BSN, RN, CLC</b>  <i>NCHBHS Consortium</i></p> 
4:00 pm – 4:30 pm	Closing	<p><b><u>Sharing the “Buzz” with Others</u></b>  <b>Neal Horen, PhD</b>  <i>Co-Principal Investigator, Co-Project Director, NCHBHS, and Co-Lead for Behavioral Health</i></p> <p><b>Nancy Topping-Tailby, LICSW</b>  <i>Co-Principal Investigator and Co-Project Director, NCHBHS</i></p> 

## KEY



CCE: Closed-captioning in English



Certificate of participation available for this session



Behavioral health



Foundational-level session



Health



Health, behavioral health, and safety



Intermediate-level session



Safety



Simultaneous interpretation in Spanish