



Alliance for the Advancement of Infant Mental Health

Franciscan Renewal Center
5802 E. Lincoln Drive
Scottsdale, Arizona 85253-4124
casameetings.org

Alliance Retreat November 5-7, 2017 AGENDA

The 11th Annual Alliance for the Advancement of Infant Mental Health, Inc® Retreat supports those who are building the knowledge and skills of the multidisciplinary workforce serving infants, toddlers and families in states that offer the Competency Guidelines® and Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health®.

We come together from diverse backgrounds and are working in a variety of systems and programs, but we hold a shared vision. The Retreat offers opportunities for us to be together to reflect, listen, learn, share and nurture our relationships in order to guide and enrich our work supporting families and their babies.

Because reflection is a central component to the competencies we hold and promote, we invite you to hold in mind the essential elements of reflective supervision/consultation throughout the Retreat:

- understanding the family story,
- holding the baby in mind,
- professional use of self,
- parallel process, and
- reflective alliance.

As we discover and uncover what concepts and experiences have been and are important to us that have impacted our work as practitioners, policy advocates, trainers and reflective supervisors or consultants, we invite you to be curious about and wonder where the essential elements listed above might fit in our thinking and experiences. Particularly for this year in 2017, we invite you to think about your leadership/mentorship needs in your state and what those leaders/mentors need to continue or to begin their work in promoting infant mental health.

Specifically, as we think about our leadership/mentorship activities over the Retreat days we invite you to be curious about how the essential elements of reflective supervision/consultation might influence how you nurture and grow your reflective leadership in your state.

Sunday, November 5, 2017

PRE-RETREAT SESSIONS

- 1:00-3:00 Special Session I: Endorsement Operations – Nuts & Bolts
Review of Endorsement application process using the EASy
Open to all Endorsement Coordinators, new and seasoned
A.McCormick, MI
- 1:00-3:00 Special Session II: Best Practice Guidelines for Reflective
Supervision/Consultation Revision Discussion e.g. use of distance technology,
consultant competencies, group supervision, reference the RIOS and emerging
tools
N. Paradis, MI and C. Watson, Minn.

RETREAT SESSIONS

Sunday, November 5, 2017

3:00-4:30 pm Check-in to rooms & registration

4:00-6:00: 2nd Annual Meeting: Alliance for the Advancement of Infant Mental Health, Inc.
Margaret Holmberg, Board President

Welcome

Introductions: Role Call

Highlights from the year

State Summary

Staffing Updates

Other

6-6:45 Welcoming (light) dinner and global snacks outside near pool; informal
introductions of participants; acknowledgements; reflections regarding retreat-
your hopes and expectations (N. Schuren/M. Warren)

6:45-7 Overview of the Retreat & Announcements (D. Weatherston/N. Paradis)

7-8:30 Creative reflective activity (offered by Shelley Mayse)—FOCUS ON
LEADERSHIP/MENTORSHIP

7/12/17

Monday, November 6, 2017

7-8 am A morning yoga session and light meditation for those who want to join in.

8-9 am Breakfast

9:00 – 12:00 Special Session III: Reflective Practice Supervision/Consultation

9:00-9:30 Orientation to Reflective Supervision/Consultation in Groups: Framework for Embedding Essential Elements/Growing Leadership and Mentorship/Considering Group Structure and Roles
(Facilitator: S. Dickstein)

9:30-11:30 Group Reflective Supervision—Nurturing the Supervisors

Keep essential elements in mind (family/context story; baby in mind; teaming/ cross-discipline collaboration/alliances; parallel process; etc)- possibility of highlighting collaborative alliance, parallel process, professional use of self
Keep structural characteristics in mind: confidentiality, regularity, creating a space, listening

Highlight dilemmas: Organizational opportunities and dilemmas; roles and responsibilities. Illustrative dilemmas:

-What do you do when a participant does not attend regularly?

-What happens when participants work together (have conflict) outside the supervision?

-What happens when you want/need to talk about a dilemma with a person “who everyone knows”? or when people represent agencies who are competitors?

How do we balance administrative and reflective roles?

45 mins supervision /5 minutes of quiet

10 mins clarifying questions/comments from large group (consider connections to essential elements)

45 mins supervision RESUMED /5 minutes of quiet

10 mins clarifying questions/comments from large group (consider connections to essential elements)

The format continues our focus on reflective supervision/consultation, allowing all of us to observe closely, to listen and to reflect on the process and review the scale.

Supervisor: K. Watson

Supervisees: J.Ash, N.Paradis, N. Valdez

Facilitator: Weave stories together with common leadership dilemma (S. Dickstein)

11:30 – 12 Open Space: Take a Walk, Relax. Reflect

12:00-1:00 Lunch

12:30-1 Basecamp Information Faith E. MI

7/12/17

- 1:00 – 3:00 RS/C DISCUSSION SESSION (sit together in 6 groups)
- 1-1:45 RS group discusses morning experience (in large space):
S.Dickstein, Facilitator
- 1:45-2:30 Small Group Discussion (6): what have we learned, what's been
evoked? (Facilitators TBD)
- 2:30-3pm Large group reconvenes
- 3:00-3:30 Open Space: Take a Walk, Relax. Reflect
- 3:30-5: 00 Special Session IV: Training

The training committee wants to learn from you and the experiences that you and your association have had with professional development (training series, stand alone trainings, higher education, certificate programs, online modules, training on reflective supervision modules etc. Please come to the Alliance retreat prepared with a general outline from one training your association has been involved with to share with a small group. End goal is to begin to explore content and process elements in these main areas across a variety of delivery systems: Principles and Practice of IMH, Reflective Supervision/Consultation, and Observation/ Screening/Assessment/ Diagnosis.

3:30 – 3:40 Introductions/Overview: H. Maderia

3:40- 4:15 Lessons Learned – Panel

Certificate Programs – K. Mulcahy
On-line Programs – M. Harrison
Higher Education – N. House
Professional Development Series – A. Giordano
RS/C – S. Goldberg

Think Tank Activity – Small Discussion Groups with training samples

We will collect as much information as possible to share through a resource library.

Debrief together: H. Maderia

6:00 Festive dinner together at Mary Warren's house
3407 S Shannon Drive Tempe AZ 85282 602.370.1653

Tuesday, November 7, 2017

7-8 am A morning yoga and meditation for those who want to join in

8:00 – 8:30 am Breakfast

8:30-9:30 Reflections from Monday – M. Kronenberg, Facilitator

9:30-11:30 Special Session V: Alliance Committees and Targeted Work -

1. Policy (R.Reardon-Nelson/J.Ash, Co-Chairs) (15 minutes)
2. Collaborations/ Other national collaborations (N.Paradis/D. Weatherston) (15 minutes)
3. Research (C. Watson) (15 minutes)
4. Mentoring New Leaders (B. Einsohn/C. Colon suggested) (15 minutes)
5. Cultural Sensitivity/Diversity/Humility and IMH: Diversity Tenets (30 minutes)

11:30-12 BREAK

12:00-1:00 Lunch together

1:00-2:30 Special Session VI: Building Leadership/Mentorship in Our Communities - M. Holmberg, Facilitator

Intended to be very open and flexible, people gather into small groups and continue discussions based on the morning's presentations or any topic that has been important to them throughout the retreat.

2:30-3 Retreat Reflections- Reconvene Together/ Moving Forward D. Weatherston

3:30-6pm Alliance BOD Meeting

BOD dinner together

Wednesday

8-12 BOD continues

We are very thankful for Nicole Schuren's willingness to take over the administrative details and for the ITMHCA group providing so much guidance and oversight. Thanks in abundance to the 2017 Retreat Committee: Margaret Holmberg, Susan Dickstein, Shelley Mayse, Christopher Watson, Jordana Ash, Kaitlin Mulcahy, Nicole Schuren, Mary Warren, Noelle Hause, Mindy Kronenberg

7/12/17

NOTE: Arrangements for lodging/meals will be taken care of by Nicole Schuren, Chair, through the Infant Toddler Mental Health Coalition of Arizona. We are very thankful for Arizona's willingness to take over the administrative details