



**From Risk to Resilience:  
The 18<sup>th</sup> Institute on  
Infant Toddler Mental Health**

**September 23 & 24, 2021**

**Virtual hosting by  
Desert Willow Conference Center  
Phoenix, Arizona**



**Infant Toddler Mental Health Coalition of Arizona**

## WELCOME - INFANT TODDLER MENTAL HEALTH COALITION OF ARIZONA

On behalf of the Board of Directors of the Infant-Toddler Mental Health Coalition of Arizona, we are proud to present From Risk to Resilience: The Eighteenth Training Institute on Infant Toddler Mental Health. While we acknowledge the challenge of not being able to gather face to face this year, we are so excited about the opportunities the virtual format has created in being able to invite national and international leaders in the field to share their expertise with us. This year's program has been tailored to focus on the themes of Diversity, Equity, and Inclusion, one of our core Infant Mental Health Tenets, as well as a continued emphasis on a trauma-informed lens and the unique impact of trauma on the youngest members of our community. With these two themes in mind, the conference will offer valuable and practical information for those working in clinical practice, early intervention, family support, consultation, early care and education, pediatric medicine, child abuse prevention and intervention, advocacy and public policy.

This year we are excited to welcome **Dr. Jody Todd Manly, Ph.D., IMH-E®**, as our opening keynote speaker. Dr. Manly is the Clinical Director of Mt. Hope Family Center at the University of Rochester as well as a licensed clinical psychologist. Her keynote will focus on the impact of trauma on children's development along with evidence-based approaches for treating trauma in young children and families. Innovative strategies for implementing and evaluating Child Parent Psychotherapy will be discussed. Dr. Manly will share perspectives on these approaches to treatment, along with integration of trauma-responsive care into support for children and families.

We are also excited to welcome our second keynote speaker, **Eva Marie Shivers, J.D., Ph.D.** Dr. Shivers is the executive director of Indigo Cultural Center, a non-profit action research firm located in Phoenix, AZ. Dr. Shivers' work at Indigo Cultural Center focuses on the developmental niche of early childhood development and education to explore the evolution of frameworks for understanding families' culturally adaptive responses to poverty, systemic racism, and historical marginalization. In her keynote address, Dr. Shivers will invite participants to consider the role of infant mental health professionals in closing racial disparities and reducing bias.

The Institute will be offered virtually this year in partnership with our remote host, the Desert Willow Conference Center in Phoenix, Arizona. A unique benefit of this virtual offering is that **registered participants will have access to all the breakout sessions on demand beginning October 1<sup>st</sup> through the entire month of October.** Registration for the conference is available online at: <http://Risk-To-Resilience.com>. We encourage you to register early, as workshops fill up quickly! Information on sponsorship opportunities is available [at this sponsorship link](#).

Thank you! See you in September!

**Glenda Henman, LPC, IMH-E®, - ITMHCA Chair**

**Genett Tomko, MSW, LCSW, IMH-E®,**

**- ITMHCA Training/Education Chair**

**ITMHCA Institute Planning Committee:**

Rachel Diamant, PhD, OTR/L, BCP

Crystal Garcia-Lindquist, LMSW

Bernadette Herran, LMSW

Sally Moffat, RN, MSN, ITMHCA Treasurer

Cathleen Phelan, LCSW, IMH-E®

Lorna Sedillos, LCSW, RPT, IMH-E®

Bob Weigand, MAS, IMH-E®



# INFANT TODDLER MENTAL HEALTH COALITION OF ARIZONA

## **Vision**

Optimal health and development for all infants and young children through safe and nurturing relationships.

## **Mission**

Promoting the wellbeing of infants, young children and their families through advocacy, community relationships, education, and professional development.

## **Origins**

The Coalition was established in 1996 following the development of Arizona's Infant Mental Health Strategic Plan. Interested professionals continue to assemble to discuss theoretical issues related to infant toddler mental health and the availability of formalized training in the field.

## **Focus**

Training, early intervention and treatment as it relates to infant toddler mental health.

## **501 (c) (3) status**

The Coalition is a 501 (c) (3) non-profit organization.

## **Management**

The Coalition is managed by a volunteer Board of Directors that oversees the Institute program development and executes the daily business of the Coalition.

## **Certificate of Attendance**

The Infant Toddler Mental Health Institute provides Certificate of Attendance. This program will address competencies required for ITMHCA Endorsement for culturally sensitive, relationship focused practice promoting infant mental health.

## **Growth**

Since its inception, Institute attendance has grown 300% and continues to grow regionally, attracting more out-of-state attendance every year.

## **Who Attends**

Attendees include pediatricians, psychologists, psychiatrists, nurses, child welfare workers from private and statewide agencies, mental health practitioners, early interventionists, therapists, child advocates, child care providers and parents.

## **Who Benefits**

Children with emotional and developmental challenges, parents of high-risk families, agency training programs, caseworkers, teachers, and the community overall.



## CONFERENCE AGENDA – DAY ONE – THURSDAY, SEPTEMBER 23, 2021

**Virtually Hosted by Desert Willow Conference Center, Phoenix, AZ  
Thursday, September 23, 2021**

- 8:45am – 9:00am Welcome & Introduction
- 9:00am - 10:30am **Plenary Keynote**  
***Trauma and Healing: What Does Infant Mental Health Science Tell Us About Interventions with Babies and Families?***  
**Dr. Jody Todd Manly, Ph.D., IMH-E®**
- 10:30am - 10:45am Morning Break – Virtual Connections
- 10:45am – 12:15pm Concurrent Breakout Sessions A  
Choose From 4 Workshops
- 12:15pm – 1:30pm Lunch
- 1:30pm - 3:00pm Concurrent Breakout Sessions B  
Choose From 4 Workshops
- 3:00pm Adjourn
- 3:15pm - 4:45pm Bonus Workshop:  
Infant Mental Health Endorsement®: What is it? Why is it important? How does my work fit?



## CONFERENCE AGENDA – DAY TWO – FRIDAY, SEPTEMBER 24, 2021

**Virtually Hosted by Desert Willow Conference Center, Phoenix, AZ  
Friday, September 24, 2021**

- 8:45 am – 9:00 am Welcome & Introduction
- 9:00 am - 10:30 am **Plenary Keynote**  
*Promoting Racial Equity and Returning to Center: Inspiring Transformative Climates for Infant Mental Health Professionals*  
**Eva Marie Shivers, J.D., Ph.D.**
- 10:30am - 10:45am Morning Break – Virtual Connections
- 10:45am – 12:15pm Concurrent Breakout Sessions A  
Choose from 4 Workshops
- 12:15pm – 1:15pm Lunch
- 1:15pm – 1:30pm Award Ceremony
- 1:30pm - 3:00pm Concurrent Breakout Sessions B  
Choose from 4 Workshops
- 3:00pm Adjourn



## **Breakout Sessions A: 10:45am - 12:15pm - THURSDAY, SEPTEMBER 23, 2021**

***registered participants will have access to all breakout sessions on demand for the month of October***

### **Workshop A1**

#### ***Caring for the Caregiver: Supporting self-care and prevention of Secondary Traumatic Stress for those who support children and families***

***Jody Todd Manly, Ph.D. IMH-E®***

Caring for others can evoke compassion satisfaction or compassion fatigue, especially during the pandemic and when children and families are struggling (including our own). This breakout will discuss caring for ourselves so that we maintain our ability to assist others. Drawing from the National Child Traumatic Stress Network resources for preventing and addressing Secondary Traumatic Stress (STS), we will discuss STS as an occupational hazard and how self-care and shared care can support wellbeing and resilience.

### **Workshop A2**

#### ***Disorganized Attachment***

***Pehr Granqvist, Ph.D.***

Disorganized/disoriented (D) attachment has seen widespread interest from policymakers, practitioners, and clinicians in recent years. However, some of this interest seems to have been based on some false assumptions. This presentation, based on a consensus statement by 40 experts in the attachment field (Granqvist et al., 2017), reviews what is known about disorganized attachment and clarifies the implications of the classification for clinical and welfare practice with children. A strong case is made for the value of attachment theory, including the D classification, for supportive work with families and for the development and evaluation of evidence-based caregiving interventions.

### **Workshop A3**

#### ***Care and Intention: Parenting with Parents to Buffer Intergenerational Trauma***

***Kandace Thomas, MPP, Ph.D.***

Buffering intergenerational trauma (IGT) is of great interest to researchers, policy makers, and interventionists working to reduce the experience of the same trauma across generations within the family. IGT can be transmitted biologically, via family culture, caregiver behavior patterns, experiencing and/or witnessing maltreatment, and/or experiencing trauma via the sociocultural context. This talk will introduce/re-introduce trauma and intergenerational trauma and will highlight how parents' contemplative self-care practices and intentional buffering helps mitigate intergenerational trauma across generations. The talk will share results of a study that broke new ground as one of the first to describe the prevalence of IGT, one of the first to explore parent traits as potential reducers of IGT, and one of the first to describe how our society inflicts trauma on families.

### **Workshop A4**

#### ***Reflective Supervision: A Journey of Self-Reflection and Awareness in the Context of a Trusting Relationship (part 1)***

***Bernadette Herran, LMSW and Lorna Sedillos, LCSW, RPT, IMH-E®***

This presentation will focus on the essentials of the practice of reflective supervision when working with infants, toddlers, and their families and will share testimonies of how the practice has impacted the practitioners and their clients.



## **Breakout Sessions B: 1:30pm - 3:00pm - THURSDAY, SEPTEMBER 23, 2021**

*registered participants will have access to all breakout sessions on demand for the month of October*

### **Workshop B1**

#### ***Beyond Binary: Caring for Gender Diverse Children and Youth***

***Veenod L. Chulani, MD***

This workshop intended for providers interested in working and providing care for gender diverse children and youth describes an affirmative, trauma informed, and strength-based approach to the population. Using clinical cases that reflect the developmental spectrum of gender diversity presenting in early childhood, puberty, and adulthood, this workshop will offer a review of clinical standards for social transition, puberty suppression, and cross gender hormonal therapy reflecting guidelines from the World Professional Association for Transgender Health and other leading professional organizations. A toolbox of resources will likewise be provided to participants, including literature and resources for youth and families.

### **Workshop B2**

#### ***Advocating for Trauma-Informed Systems: A ‘Pop-Up Community of Practice’***

***Mark Nagasawa, Ph.D., MSW***

Many hold out hope that with 2020 in the rear-view mirror, a return to ‘normal’ is imminent. If anything, however, the “dual pandemic” of COVID-19 and America’s endemic racism has shone light upon just how much work needs to be done to begin addressing our country’s social pathologies. This workshop is framed through a liberation health perspective, which highlights the role social structures play in making people unwell, making social change foundational to people’s thriving. This will be a space for folks of all experience levels to help each other practice basic advocacy drawing upon one’s existing professional skills.

### **Workshop B3**

#### ***Racism Hurts Children—Recognizing the Impact of Colorism on Parent/Caregiver Relationships***

***Marva Lewis, Ph.D.***

The American Professional Society on Abuse of Children proclaimed that racism experienced by youth is a form of psychological maltreatment. In 2021 the American Academy of Pediatrics identifies racism as a ‘socially transmitted disease’. *Race-based psychological maltreatment (RPM)* includes racial disparities in child welfare policies, or early childhood education practices. From birth the practice of *Colorism*—valuing lighter-skin tones and straight hair textures—is an unrecognized form of RPM. This workshop will present findings from a nationwide, mixed-methods study of adult memories of *Childhood Experiences of Race-based Trauma—Messages of Skin Color and Hair Type* and socioemotional development.

### **Workshop B4**

#### ***Reflective Supervision: A Journey of Self-Reflection and Awareness in the Context of a Trusting Relationship (part 2)***

***Bernadette Herran, LMSW and Lorna Sedillos, LCSW, RPT, IMH-E®***

This presentation will focus on the essentials of the practice of reflective supervision when working with infants, toddlers, and their families and will share testimonies of how the practice has impacted the practitioners and their clients.



**Bonus Workshop: 3:15pm - 4:45pm - THURSDAY, SEPTEMBER 23, 2021**

*registered participants will have access to all breakout sessions on demand for the month of October*

**Bonus Workshop**

***Infant Mental Health Endorsement®: What is it? Why is it important? How does my work fit?***

***Faith Eidson, LMSW, IECMH-E® and Marina Averbuch MAS, IMH-E®***

Endorsement® is good for babies! This presentation will cover the basics of IMH Endorsement®, including the benefits to professionals and systems. Presenters will outline the main components of the Endorsement® credential and discuss the steps to earning Endorsement®. The first part of the presentation will be recorded and then there will be time with the ITMHCA Endorsement Coordinator to answer questions.



## **Breakout Sessions A: 10:45am - 12:15pm - FRIDAY, SEPTEMBER 24, 2021**

***registered participants will have access to all breakout sessions on demand for the month of October***

### **Workshop A1**

#### ***The Cultural Component to our Conversations in Early Care and Education***

***Eva Marie Shivers, J.D., Ph.D.***

Join Dr. Eva Marie Shivers as we take a closer look at how we can support early education practitioners to effectively embody racial equity principles that help promote authentic engagement with families, shared leadership, well-being for teachers and providers, more harmonious relationships with children, and—ultimately—more equitable outcomes for young children. This session will be geared toward coaches, consultants, trainers, and others who support early care and education practitioners.

### **Workshop A2**

#### ***Attachment Goes to Court: Child Protection and Custody Issues***

***Tommie Forslund, Ph.D.***

Attachment theory and research are drawn upon in many applied settings, including family courts, but misunderstandings are widespread and sometimes result in misapplications. The aim of this presentation, based on a consensus statement by 70 co-authors/-signatories from the field of attachment (Forslund et al., 2021), is therefore to enhance understanding, counter misinformation, and steer family-court utilization of attachment theory in a supportive, evidence-based direction. This training will focus specifically on child protection and child custody decision-making. The first part will address problems related to the use of attachment theory and research in family courts and discuss reasons for these problems. The second portion will provide recommendations for the application of attachment theory and research. The presentation will highlight three attachment principles: (1) the child's need for familiar, non-abusive caregivers; (2) the value of continuity of good-enough care; and (3) the benefits of networks of attachment relationships. Dr. Granqvist will also discuss the (non-) suitability of assessments of attachment quality to inform family court decision-making. Such assessments are currently most suitable for targeting and directing supportive interventions.



## **Breakout Sessions A: 10:45am - 12:15pm - FRIDAY, SEPTEMBER 24, 2021**

**registered participants will have access to all breakout sessions on demand for the month of October**

### **Workshop A3**

***Building Infant and Early Childhood Workforce Capacity in Ireland: A community-based approach using Infant Mental Health Master Classes to translate the science and consolidate the practice.***

***Catherine Maguire, B.A.(Psych), M.Psych.Sc. (Clin. Psych.), IMH-E®***

This presentation will provide a brief contextual overview to building interdisciplinary infant and early childhood mental health training in Ireland. It will outline the planning processes involved in the delivery of community based, 2-Day blended learning Infant Mental Health Master Classes. Key aims and objectives will be examined, alongside the training content, which is aligned to the Irish Association for Infant Mental Health Competency Guidelines®. Evaluation methods will be discussed, alongside the benefits and challenges of the training model and the implementation method created to ensure sustainability of core skills and competencies.

### **Workshop A4**

***The Power of Relationships in Supporting Infants and Toddlers Experiencing Chronic Stress or a Traumatic Event***

***Allison Tom-Yunger, LCSW, MEd***

When a young child experiences a threat to their safety their system may become overwhelmed, leading to posttraumatic reactions. We will explore how infants and toddlers process these stressful experiences and the impact this can have on their development and relationships. We will learn about the critical role of a young child's grownups in supporting them in repairing the effects of these events. In doing this work it is important we take the time to reflect on our own feelings that emerge when being with families who are under stress. Provider self-reflection and regulation strategies will be incorporated.



## **Breakout Sessions B: 1:30pm - 3:00pm - FRIDAY, SEPTEMBER 24, 2021**

***registered participants will have access to all breakout sessions on demand for the month of October***

### **Workshop B1**

#### ***Making Meaning: A Framework for Understanding and Addressing Young Children's Behavior***

***Kadija Johnston, LCSW***

Challenging, puzzling or predictable—young children's behavior is always a communication. Deciphering what a child is expressing through their actions and emotions is essential to responding contingently. Attuned and informed interactions support children's development and when needed can address concerns. Appreciating that all behavior has meaning, and that the same behavior can have different causes, the session will provide participants with a framework for understanding multiple contributors to children's behavior. Having developed an informed hypothesis, ideas for responsive action will be offered. Special attention will be paid to appreciating and addressing behaviors that signal social and emotional distress in young children.

### **Workshop B2**

#### ***Courage to Thrive: Immigrant Families Overcoming System-Induced Trauma***

***Vilma Reyes, Psy.D.***

This talk will cover the impact of complex trauma, toxic stress, and fear on brain development, learning, and attachment in early childhood. This will be framed in the context of historical trauma, the current anti-immigrant socio-political climate, and immigration policy of forced family separations at the border. Presenter will introduce strength-based, trauma-informed strategies based on Child Parent Psychotherapy (CPP) principles to foster repair among ruptured attachments.



## **Breakout Sessions B: 1:30pm - 3:00pm - FRIDAY, SEPTEMBER 24, 2021**

***registered participants will have access to all breakout sessions on demand for the month of October***

### **Workshop B3**

***Building Infant and Early Childhood Workforce Capacity in Ireland: A community-based approach using Infant Mental Health Network Groups to consolidate core skills and competencies and create sustainability.***

***Catherine Maguire, B.A.(Psych), M.Psych.Sc. (Clin. Psych.), IMH-E®***

This seminar will provide a brief contextual overview of the importance of taking an implementation science approach to interdisciplinary infant and early childhood mental health (I/ECMH) training in Ireland. This presentation will discuss the rationale for the establishment of monthly interdisciplinary Infant Mental Health Network Groups (IMH-NG's) to ensure sustainability of workforce skills and competencies. Procedures and processes involved in the establishment of IMH-NG's will be addressed, alongside how these reflective groups are supporting and enabling I/ECMH and allied health practitioners to enhance prebirth to early years health and wellbeing across promotion, prevention, and treatment services.

### **Workshop B4**

***Working with Young Children and their Parents with a Trauma History and who are Working on Sobriety or are in Recovery***

***Nicole Roskens, MC, LPC***

Approximately 60%-70% of all substantiated child welfare cases and 80% or more of parents whose children are in foster care nationally have substance use disorders which is associated with higher rates of child re-victimization, greater likelihood of out-of-home placement, longer stays in care and higher rates of termination of parental rights. Many parents involved in child welfare also have their own trauma history which often has a high correlation with substance abuse. This workshop will discuss the effects of trauma and parental substance abuse on the parent child relationship, how trauma and substance abuse effects a parent's participation and engagement in services, and the effectiveness of evidence-based interventions with young children and their parents with trauma and substance use.



## PRESENTERS' BIOGRAPHIES

---

**Jody Todd Manly, Ph.D., IMH-E®** is Mt. Hope Family Center's Clinical Director in Rochester, New York. She served on the World Association for Infant Mental Health Board (WAIMH, 2016-2020) and continues to be inspired by dedicated people around the world who work on behalf of young children and their families.

**Eva Marie Shivers, J.D., Ph.D.** is the executive director of Indigo Cultural Center, a non-profit action research firm located in Phoenix, AZ. Dr. Shivers' work at Indigo Cultural Center focuses on the developmental niche of early childhood development and education to explore the evolution of frameworks for understanding families' culturally adaptive responses to poverty, systemic racism, and historical marginalization. For the past 7 years Dr. Shivers has been providing early childhood racial equity training and consultation to infant and early childhood community agencies and state departments around the country.

**Marina Awerbuch, MAS, IMH-E®** has 12 years' experience working with families and professionals. Marina's work focuses on building program infrastructure to best support growth of organizations focusing on the wellbeing of children. Marina holds a Masters in Infant Family Practice from Arizona State University and is endorsed through the Infant Mental Health Coalition of Arizona. She currently serves as the Endorsement Coordinator for the ITMHCA.

**Dr. Veenod Chulani, MD, MSED, FAAP, FSAHM, CEDS** is Section Chief of Adolescent Medicine at Phoenix Children's Hospital and Medical Director of the Gender Support Program. His maintains clinical and research interest in adolescent sexual and reproductive health, including the care of lesbian, gay, lesbian, transgender, and questioning youth.

**Faith Eidson, LMSW, IECMH-E®** is a licensed clinical social worker and an endorsed Infant and Early Childhood Mental Health Mentor-Clinical. She is currently the Quality Assurance Director for the Alliance for the Advancement of Infant Mental Health®, an organization whose mission is to promote work force development through the competency-based MI-AIMH Endorsement for Culturally-Sensitive, Relationship-Focused Practice Promoting Infant and Early Childhood Mental Health®.

**Pehr Granqvist, Ph.D.**, is a Professor of developmental psychology at Stockholm University, Sweden. He received his PhD at Uppsala University in 2002, for a dissertation where he tested the application of attachment theory to religion and spirituality. Since then, he has broadened his research on attachment to many areas, including clinical populations. In recent years, Dr. Granqvist has led the work on two major international consensus statements addressing applications of attachment theory and research, including in family courts.

**Bernadette Herran, LMSW** is a licensed social worker who specializes in the social-emotional development of children and adults. Bibi has over nineteen years of experience including training and consultation for childhood professionals of Early Head start, Head start, and community childcare settings. She is a Conscious Discipline Instructor and has earned an Infant/Family Clinical Practice Certificate from The Harris Infant and Early Childhood Mental Health Training Institute.



## PRESENTERS' BIOGRAPHIES (CONTINUED)

---

**Kadija Johnston, LCSW**, is a clinical social worker who has been a practitioner in the field of infant and early childhood mental health since 1985. She is the past Director of the Infant-Parent Program at the University of California, San Francisco. Currently, Ms. Johnston is on faculty at Georgetown University's Center for Child and Human Development. Ms. Johnston writes and lectures nationally on infant and early childhood mental health. In addition to numerous articles, she co-authored the book *Mental Health Consultation in Child Care: Transforming Relationships with Directors, Staff, and Families*.

**Marva Lewis, Ph.D.**, has a doctorate in Sociocultural Psychology and is Associate Professor at the Tulane University School of Social Work. She is Founder and Director of *A Place for Natural Connections* that provides community-based interventions promoting hair combing interaction to strengthen parent-child attachment. In 2011 she was commissioned by the National Zero to Three Safe Baby Court Teams to conduct training on historical trauma of slavery and racial disparities. She is currently a consultant and member of the national Advisory Board of the Quality Improvement Center for Research-Based Infant-Toddler Court Teams.



**Catherine Maguire** is a Chartered Clinical Psychologist, an Endorsed Infant Mental Health Mentor®, and PhD Candidate at the School of Applied Psychology, University College Cork. She is a team member in the Parent and Infant Unit at The Bessborough Centre. In 2020, she was elected to the WAIMH Board.

**Mark Nagasawa, Ph.D., MSW**, directs Bank Street College of Education's Straus Center for Young Children and Families, which generates practice-oriented, policy-relevant research. This work is informed by experiences as a preschool teacher and director, school social worker, and policy analyst in the Arizona Governor's Office/Division for Children.



## PRESENTERS' BIOGRAPHIES (CONTINUED)

**Dr. Vilma Reyes, Psy.D.**, is an Assistant Clinical Professor at the University of California, San Francisco in the Child Trauma Research Program. Since 2009, she has been providing Child-Parent Psychotherapy (CPP) services, training, clinical supervision, consultation and coordinating community-based mental health outreach services and evaluation. Dr. Reyes is an immigrant from Peru and is devoted to increasing access to trauma informed services for Latinx immigrant families.

**Nicole Roskens, LPC**, has been a Licensed Professional Counselor with the State of Arizona since 2004. Ms. Roskens is a Certified Clinical Trauma Professional and has focused her career on trauma, infant-toddler mental health, and how trauma affects parents and children involved with child welfare. Ms. Roskens has completed the Harris Infant and Early Childhood Mental Health Training Institute and Child Parent Psychotherapy (CPP) training to be Rostered as a CPP Clinician. Currently, Ms. Roskens is the Clinical Director for the Maricopa County Cradle to Crayons Program, committed to meeting the therapeutic needs of children zero to three and parents involved in dependency actions in the Juvenile Court.



**Lorna Sedillos, LCSW, RPT, IMH-E®** has been in private practice since 2010. She has expertise supporting children and their families through reflective practices, relationship-based work, and Play Therapy. Lorna has been a Registered Play Therapist since 1994. Lorna has worked with children and families for the past 29 years in the capacities of program developer, trainer, group facilitator, therapist, clinical supervisor, and reflective supervisor. She provides Reflective Supervision and consultation for individuals and for groups, while maintaining her Infant Mental Health Endorsement since 2013.

**Kandace Thomas, MPP, Ph.D.**, helps individuals, programs, and systems of care experience transformation by learning, doing and being. Kandace is the Executive Director of First 8 Memphis, working to build Memphis and Shelby County, Tennessee's early childhood system. Kandace has research, policy and practice interests in contemplative self-care, intergenerational trauma, and diversity-informed practice.

**Allison Tom-Yunger, LCSW, MEd**, is a graduate Advisor and Instructor in the Infant & Family Development & Early Intervention and Early Childhood General & Special Education programs at Bank Street College of Education. In her clinical practice she specializes in work with young children and their families who are coping with stress, anxiety, trauma, and loss.



# Thank You to our Sponsors!



Molina Complete Care

**Get the care  
you need, close  
to home.  
Lean on Molina.**

Obtén el cuidado que  
necesitas, cerca de casa.  
Apóyate en Molina.

[LeanOnMolina.com](http://LeanOnMolina.com)



## # FIRST THINGS FIRST

Positive, nurturing experiences in a child's first five years lay the foundation for a lifetime.

For more information and resources visit

[FirstThingsFirst.org](http://FirstThingsFirst.org)



**Health Choice** is proud to sponsor this year's virtual

## Infant and Toddler Mental Health Conference

to bring awareness and to help ensure health and wellness for the next generation to come.

**Health  
CHOICE**



**BlueCross  
BlueShield  
Arizona**

An Independent Licensee of the Blue Cross Blue Shield Association





**We work in partnership with early childhood professionals to support families and provide children with the best start in life.**

Child Development | Mental Health | Disabilities Services  
 Early Literacy | Family Support and Child Welfare  
 Head Start | Professional Development and Training

(602) 266-5976 **Birth to Five HELPLINE**   
[swhd.org](http://swhd.org) "Nothing Out of the Question" **877.705.KIDS**



**Proud Sponsor of the  
 Infant Toddler Mental Health  
 Coalition of Arizona**



*"Children are the world's most valuable resource and its best hope for the future"*  
 - John F. Kennedy

[www.BannerUHP.com](http://www.BannerUHP.com)

@BannerUHP



Caring for the mental health and wellbeing of our children is vital to their future – and ours. We value and support the Infant Toddler Mental Health Coalition of Arizona's advocacy and education.

Because we care.  
[www.MercyCareAZ.org](http://www.MercyCareAZ.org)



**HELPING KIDS.  
 HEALING FAMILIES.**

For information on joining our team,  
 visit [casa delosninos.org](http://casa delosninos.org).



**casa de los niños**

**BEHAVIORAL  
 HEALTH SERVICES**

Founded in Tucson in 1912, Arizona's Children Association (ACA) is now one of the oldest and largest statewide comprehensive child welfare and behavioral health not-for-profit agencies in AZ. Located in all 15 AZ counties, we provide a variety of integrated programs and services, tailored to meet the needs of more than 40,000 children, youth and their families each year.

*Program areas include:*

- Foster Care & Adoption
- Kinship Support Services
- Behavioral Health & Trauma/Crisis Response
- Young Adult Services
- Family Preservation & Reunification
- Family Education & Support Services
- Neurosequential Model of Therapeutics



PROTECTING  
*Children*

EMPOWERING  
*Youth*

STRENGTHENING  
*Families*

ARIZONA'S  
CHILDREN  
ASSOCIATION

[www.ArizonasChildren.org](http://www.ArizonasChildren.org)  
800.944.7611  
[info@arizonaschildren.org](mailto:info@arizonaschildren.org)

# REGISTER TODAY!

<http://Risk-To-Resilience.com>

For Questions about Registration or to Register a Large Group Please Email [InstituteRegistration@ITMHCA.org](mailto:InstituteRegistration@ITMHCA.org)

Follow Us For Institute News and Updates:

[#ITMHCAInstitute2021](https://twitter.com/ITMHCAInstitute2021)

