

**THURSDAY,
MAY 16, 2024
AGENDA**



8:00 a.m. - 9:00 a.m.
Registration and Continental Breakfast
Location: Garden City



9:00 a.m. - 9:10 a.m.
Welcome and Announcements
Location: Garden City



9:10 a.m. - 10:10 a.m.
Melissa Fredin: Kickoff Keynote
If I Knew Then What I Know Now - 20+ Years as a Caregiver and Foster Parent
Location: Garden City

 About the Presentation:

Embark on a transformative exploration over two decades of caregiving and fostering, delving into a tapestry of stories and experiences. Discover invaluable insights on navigating complex behaviors, systems and relationships. This session will help you evolve and you to evolve and thrive in your role as a caregiver.

 About the Speaker:

Melissa Fredin is a parent coach for Engaged 360 Coaching. Melissa currently works for The Minnesota Department of Human Services in the Minnesota Intensive Therapeutic Homes program. Melissa has over two decades of experience as a foster parent and is an adoptee herself.

**15-MINUTE
BREAK**

Breakout Session 1, 10:25 a.m. - 11:25 a.m.
(60 Min)



Healthy Relationships and Sexuality Education for People with FASD
Speaker: Katie Thune and Anna Hayek
Location: HARVEST A



FASD and the Justice System: Building Awareness, Understanding and Best Practices
Speaker: Stefanie Varga Ph.D. LP
Location: HARVEST B



Understanding Employment Services in Minnesota
Speakers: Larissa Beck and Brian Begin
Location: HARVEST C

10-MINUTE BREAK

Breakout Session 2, 11:35 a.m. - 12:35 p.m. (60 Min)



Youth Voices: Our side of the Story
Speakers: Youth panelists
Location: HARVEST A



Parenting Your Child with FASD using Present Moment Parenting
Speaker: Tina Feigal, M.S., Ed.
Location: HARVEST B



All Things School Discipline
Speakers: Laura Isenor, Lilian Ejebe, Ruben Chapa
Location: HARVEST C

12:35 P.M. - 1:35 P.M. LUNCH, GARDEN CITY

Breakout Session 3, 1:35 p.m. - 2:35 p.m. (60 Min)



Learn about the Disability Hub MN and Navigating Resources
Speaker: Jack Gordon
Location: HARVEST A

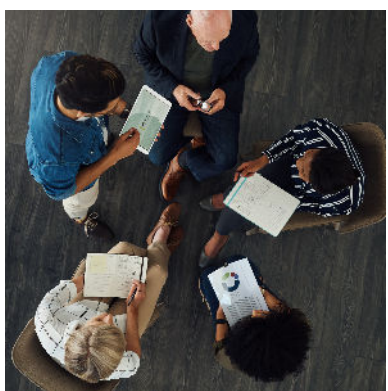


Building a System of Felt Safety Around our Children
Speaker: Chris Trout, LMFT
Location: HARVEST B



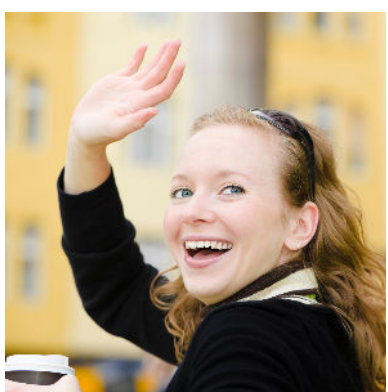
Clinical Research in FASD: Essential Information for Caregivers
Speakers: Blake Gimbel, PhD, Abby Ernst, B.S., Mary Anthony, B.A., Kent Tuominen, B.S.
Location: HARVEST C

10-MINUTE BREAK



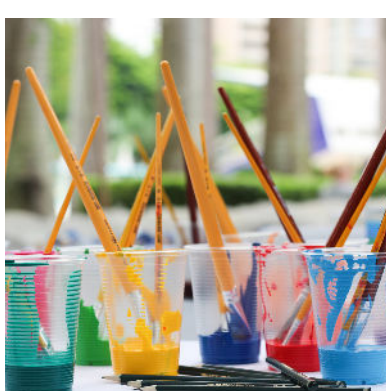
2:45 p.m. - 3:30 p.m.

Group Debriefing Activity facilitated Sandy Hruby
Location: Garden City



3:30 p.m.

Day 1 concludes



3:30 p.m. - 5:30 p.m., Garden City, Optional Activity:

Join fellow caregivers for Colors and Conversations, an informal social gathering with paint kits, snacks and conversation.

Proof Alliance Caregiver Conference Agenda

Empowering Caregivers through Community

PR%F
Alliance

Caregiver Conference

**FRIDAY,
MAY 17, 2024
AGENDA**



8:30 a.m. - 9:30 a.m.
Hot Breakfast
Location: Garden City



9:30 a.m. - 10:15 a.m.
Caregiver Spotlight
Location: Garden City



10:15 a.m. - 11:45 a.m.

Michael Harris MA, LP, SEP

Unlocking The Art of FASD Advocacy: A Guide for Caregivers
Working with Professionals

Location: Garden City

 About the Presentation:

Navigating the complexities of FASD advocacy requires more than just determination; it demands a nuanced understanding and strategic approach. Join Michael Harris, MA, LP, a seasoned child psychologist and dedicated foster parent, to transform the daunting task of advocacy into a few important basics.

About the Speaker:

Michael Harris, MA, LP, SEP, is a licensed psychologist and seasoned foster parent with a specialization in supporting children affected by FASD and their families. His commitment to the field stems from a genuine desire to enhance caregivers' well-being, thereby positively impacting the lives of children with FASD.

**10-MINUTE
BREAK**



11:55 a.m. - 12:55 p.m.

Barb Clark

It's about Us: Effective Parenting for Children with an FASD

Location: Garden City

 About the Presentation:

During this session, you will understand why some approaches are not effective with youth who have an FASD and identify approaches that promote connection. Learn neurobehavioral aspects of challenging behaviors and learn how to respond effectively.

 About the Speaker:

Barb Clark is the Director of training at Families Rising (FKA NACAC) and is a parent to five adult children. She is committed to improving the education and lives of individuals who were prenatally exposed to alcohol.



12:55 p.m. - 1:00 p.m.

Final announcements and conference concludes.