

TURNING KNOWLEDGE INTO ACTION

PR%F
Alliance

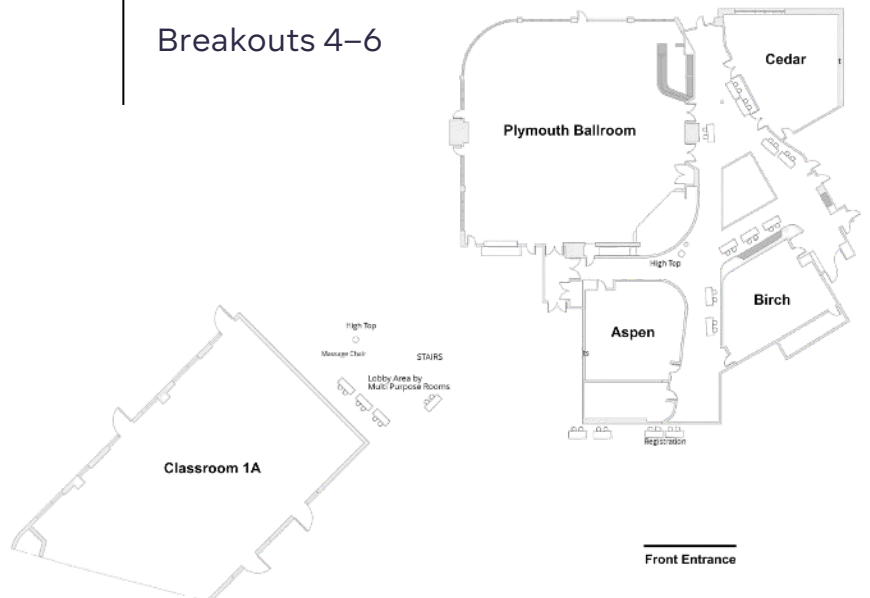
WELCOME TO THE 4TH ANNUAL
PROOF ALLIANCE CAREGIVER CONFERENCE



To prevent prenatal alcohol exposure and support all impacted by fetal alcohol spectrum disorders (FASD).

DAY 1: THURSDAY, MAY 14, 2026

8:00 a.m. - 8:45 a.m.	Check-In and Continental Breakfast
8:45 a.m. - 9:00 a.m.	Welcome
9:00 a.m. - 9:30 a.m.	Proof Alliance Spotlight
9:30 a.m. - 9:50 a.m.	Break
9:50 a.m. - 10:50 a.m.	Breakouts 1–3
10:50 a.m. - 11:10 a.m.	Break
11:10 a.m. - 12:10 p.m.	Keynote: Voices Across the FASD Spectrum
12:10 p.m. - 1:20 p.m.	Lunch and Announcements
1:20 p.m. - 2:20 p.m.	Facilitated Discussions
2:20 p.m. - 2:40 p.m.	Break
2:40 p.m. - 3:55 p.m.	Breakouts 4–6



DAY 2: FRIDAY, MAY 15, 2026

8:45 a.m. - 9:30 a.m.	Continental Breakfast
9:30 a.m. - 10:30 a.m.	Keynote: FASD and Trauma: Tailored Support Strategies for Everyday Challenges
10:30 a.m. - 10:50 a.m.	Break
10:50 a.m. - 11:50 a.m.	Breakout Sessions 7–9
11:50 a.m. - 12:50 p.m.	Lunch
12:50 p.m. - 1:50 p.m.	Breakouts 10–12
1:50 p.m. - 2:10 p.m.	Break
2:10 p.m. - 3:25 p.m.	Keynote: Perfectly Imperfect
3:25 p.m. - 3:40 p.m.	Closing Remarks

All presentation slides, handouts and the full conference program are available in a shared Google Drive. You can access them by scanning the QR code provided.

SCAN



EXHIBITORS

- Adoption Medicine Clinic – Adoption-focused medical care
- Blue Cross Blue Shield of Minnesota – Nonprofit health insurance
- Family Voices of Minnesota – Family disability advocacy
- FASD Coaches – FASD caregiver coaching
- FASD United – National FASD advocacy
- Florida Center for Early Childhood – FASD diagnostics & training
- Foster Adopt Minnesota – Permanency support services
- Kim Keprios LLC--Women's Wellbeing Life Coaching, Workshops & Retreats
Holistic women's coaching
- Looking Forward Life Coaching – Neurodivergent adult coaching
- Masonic Institute for the Developing Brain – Pediatric brain development care
- Nexus Kindred Family Healing – Kinship caregiver support
- movemindfully – Mindfulness & movement training
- True Friends – Disability enrichment programs
- We Can Ride – Therapeutic riding program
- Youable Emotional Health – Youth and family therapy services

THANK YOU SPONSORS



MEET THE AUTHORS

OUTSIDE BALLROOM ENTRANCE

Thursday, May 14

8:00 a.m. - 10:30 a.m.

Barb Clark (Raising Kids and Teens with FASD)

10:40 a.m. - 1:30 p.m.

Carl Young & Joel Sheagren (Embracing Hope)

1:40 a.m. - 3:55 p.m.

Jodee Kulp (Embracing Zak)

Friday, May 15

8:45 a.m. - 10:15 a.m.

Carl Young & Joel Sheagren (Embracing Hope)

10:25 a.m. - 11:40 a.m.

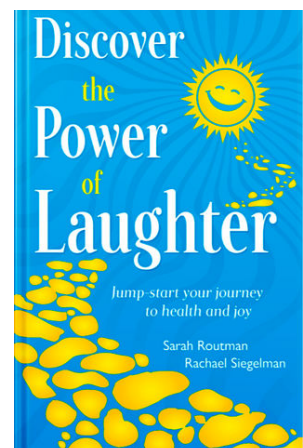
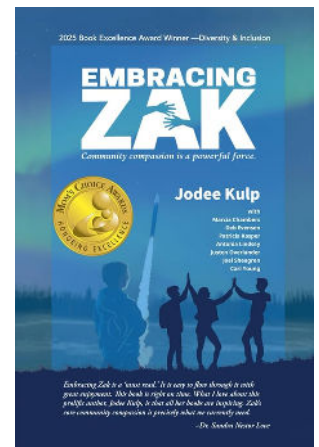
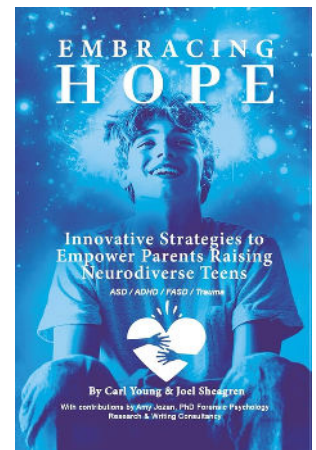
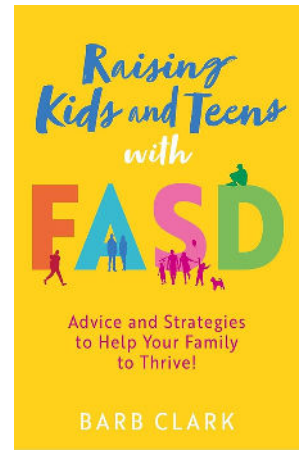
Barb Clark (Raising Kids and Teens with FASD)

11:50 a.m. - 1:40 p.m.

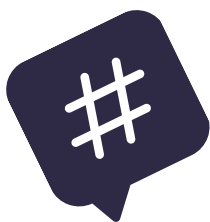
Jodee Kulp (Embracing Zak)

1:50 p.m. - 3:40 p.m.

Sarah Routman (Discover the Power of Laughter)



Books available for purchase directly from individual authors.



@ProofAlliance
#CaregiverCon2026

Ask questions. Take photos. Get inspired.

DAY 1: THURSDAY, MAY 14, 2026

Voices Across the FASD Spectrum



11:10A.M. – 12:10P.M.

PLYMOUTH BALLROOM

About the Keynote Presentation:

Hear from individuals with FASD as they share their journeys, challenges and successes. This panel highlights diverse experiences across the FASD spectrum, offering firsthand insights into school, work, relationships and daily life. Attendees will gain practical strategies, celebrate resilience and learn how to better support and empower individuals with FASD.

Attendees will have the opportunity to ask questions directly to the panelists during the session.

Panelists:

- Peyton Coffin
- Barb Clark
- Danie Conrad
- Andrew Fosselman



During the Voices Across the Spectrum keynote, attendees are invited to participate in a live Q&A with panelists. You can submit your questions in real time by texting (612) 293-7014. Selected questions will be shared with the panel during the session.

DAY 1: THURSDAY, MAY 14, 2026

9:50 A.M. – 10:50 A.M.



Betsy Madden, APRN

Understanding the Role of Medications in the Management of FASD:

CLASSROOM 1A

Medications do not cure FASD but can help manage symptoms like inattention, impulsivity, sleep difficulties, aggression, and anxiety. Understanding their purpose, cautions, and side effects supports children with FASD and their families on the behavioral health journey.



Dr. Gretchen Moen

Dr. Moen and Betsy are pediatric nurse practitioners specializing in neurodivergent and underserved youth. They provide behavioral health care, medication management, and family support, combining clinical expertise with a passion for empowering patients to thrive on their unique journeys.



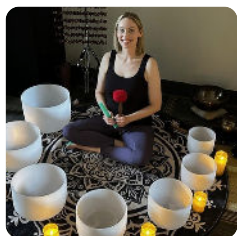
Sophie Iverson

Supporting the Whole Individual – Guardianship and Supportive Decision Making in Action

ASPEN

This breakout session explores assessing the need for guardianship, supports for independent decision-making, and an overview of court procedures and ongoing responsibilities for appointed guardians.

Sophie Iverson is a disability advocate, trainer, and storyteller who advances understanding of disability systems through education, advocacy, and lived experience. She founded Access 2 Advocacy and presents on storytelling, disability systems navigation, self-advocacy, and disability rights.



Rachel Leftwich

Sound Bath Experience:

BIRCH

A sound bath is a full-body listening experience using crystal and Tibetan bowls to promote deep relaxation. Participants rest comfortably while sound waves support breath focus, stress relief and emotional release, gradually easing them back to awareness through gentle quiet and stillness.

*Born and raised in rural Illinois, Rachel has lived in Minnesota for 19 years. With a deep passion for sound and music, Rachel has become a sound bath practitioner to share the healing benefits of sound and help others experience its transformative effects. *Sit, stand or lie down—whatever's comfortable.*

DAY 1: THURSDAY, MAY 14, 2026

1:20 P.M. – 2:20 P.M.



Teresa Kothbauer

Peer-Led Conversations by Region: Minnesota

Metro:

CLASSROOM 1A

Caregivers who live in the Minnesota Metro are invited to join a supportive, peer-led conversation focused on FASD resources, practical strategies and shared experiences. Connect with others who understand the journey and gain insights to strengthen your caregiving network.

Teresa Kothbauer is a Proof Alliance Certified Trainer (PACT) and caregiver partner since her son's FASD diagnosis in 2014. She shares lived experience, a commitment to learning and a passion for empowering families and strengthening support for individuals with FASD.



Sandy Hruby

Peer-Led Conversations by Region: Central Minnesota and Beyond State Borders:

ASPEN

Caregivers across Central Minnesota and neighboring regions are invited to connect in a supportive, peer-led conversation about FASD resources, real-life challenges and practical strategies. Share experiences, learn from others and build meaningful connections across communities.

Sandy Hruby is a caregiver to three adopted adult children, two with FASD, and is raising her grandson with FASD. An early childhood licensed teacher working in social services, she brings extensive experience navigating education, therapeutic and legal systems.



Melissa Fredin

Peer-Led Conversations by Region: Southern Minnesota:

BIRCH

Caregivers in Southern Minnesota are invited to connect in a supportive, peer-led space to share experiences, explore resources and discuss real-life FASD caregiving challenges. Learn from others, exchange practical strategies and build community with families who understand.

Melissa Fredin has been a foster care provider since 1999 and has more than 20 years of experience supporting and coaching families. An adoptive mother of seven, she brings deep, lived experience and a lifelong commitment to learning alongside caregivers.

DAY 1: THURSDAY, MAY 14, 2026

2:40 P.M. – 3:55 P.M.

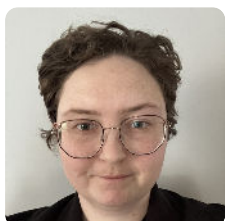


Abigail Adkins

School Support for Kids with FASD:

CLASSROOM 1A

Students with FASD bring unique needs to the classroom. This session will help caregivers understand available accommodations, behavior supports, and legal protections, while building the skills needed to effectively advocate for their children in school settings.



Jacyn Gormish-Gray

Abigail Adkins and Jacyn Gormish-Gray are attorneys with the Education Law Advocacy Project at Southern Minnesota Regional Legal Services. They represent low-income students and families, helping secure appropriate school services and expanding educational opportunities for students of color and those with disabilities.



Barb Clark

Adulting with Support: The FASD Edition:

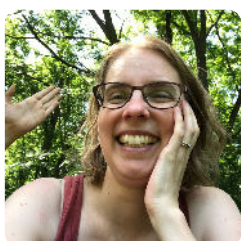
ASPEN

Supporting an adult with FASD often means shifting from independence to interdependence. Through real-life stories and practical tools, this session explores boundaries, daily living supports and brain-based strategies that foster dignity, stability and success in supported adulthood.



Laurie Anderson

FASD coaches Barb Clark and Laurie Anderson combine lived experience and professional expertise supporting neurodiverse individuals and families. Both seasoned caregivers and educators, they share practical, brain-based strategies shaped by decades of parenting, training and advocacy in the FASD community.



Caitlin "Katie" Lamping, OTR/L, MOT

Wired for the Wild: Accessing Nature Connection to Help Kids with FASD Thrive:

BIRCH

Nature can support regulation for children and teens with FASD, but access isn't always easy. This session explores why outdoor spaces help, common barriers families face, and simple, sensory-friendly strategies to bring the calming benefits of nature indoors and outdoors safely.

Caitlin "Katie" Lamping, OTR/L, MOT, is a pediatric occupational therapist and founder of Nurture in Nature Therapy Services. An autistic parent of four neurodivergent children, she blends professional expertise, nature-based practice and Collaborative & Proactive Solutions to support families.

DAY 2: FRIDAY, MAY 15, 2026



FASD and Trauma: Tailored Support Strategies for Everyday Challenges

9:30 A.M. - 10:30 A.M.

PLYMOUTH BALLROOM

About This Keynote Presentation:

“Trauma” is a widely used concept, but it is best understood with attention to context and nuance. Individuals with FASDs have, by definition, experienced trauma through prenatal alcohol exposure, and many continue to face additional challenges after birth. These experiences—ranging from difficulty tracking time to confabulation—can shape how trauma is perceived and processed, often differently than in neurotypical peers.

Caregivers and professionals supporting these individuals benefit from specialized knowledge to respond effectively and compassionately. In this presentation, participants will explore three real-world scenarios to practice applying FASD-specific insights about trauma. Drawing on research and lived experience, Dr. Mogush will translate complex findings into practical strategies, enabling caregivers and professionals to take thoughtful, informed action. Attendees will leave with a deeper understanding of how trauma interacts with FASD and actionable approaches to foster resilience, growth, and well-being across diverse life experiences.

About the Presenter:

Annie Mogush, Ph.D (she/her) is a mental health therapist who primarily works with people whose lives have been shaped by complex trauma. She worked in education for about 20 years before transitioning to mental health. As a therapist and as a PACT trainer, Annie relies on her experiences as a teacher and qualitative researcher, through both of which she cultivated an unconditional regard for all that it can mean to be human.

RESOURCES AND ACKNOWLEDGEMENTS

Navigating life with FASD can feel overwhelming—but you don't have to do it alone. Scan the QR code to access the Proof Alliance Support Services Directory or connect with a Family Support Navigator for no-cost, one-on-one guidance. Our navigators bring lived experience, knowledge, and compassion to help families find resources, coaching, and support tailored to their journey.

Proof Alliance also offers training and education through its Certified Trainers (PACT) program and on-demand webinars to help professionals, caregivers, and community members better understand FASD, support individuals impacted, and help prevent prenatal alcohol exposure. Trainings are often available at no cost through grant support and can be customized for organizations across health care, education, social services, and more.



Support Services
Directory



Family Support
Navigators



Request an FASD
Training



Contact Proof
Alliance Staff

Proof Alliance would like to sincerely thank the 2026 Caregiver Conference Planning Committee. This committee, comprised of caregivers and staff, worked tirelessly to create an engaging, informative and meaningful conference experience for all attendees.



Melissa Fredin



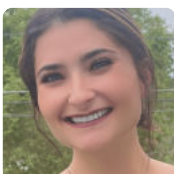
Teresa Kothbauer



Sandy Hruby



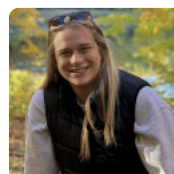
Marissa Lang



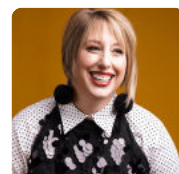
Ashlie McGuire



Lexi Weller



Leesa Kimberly



Michelle Raven

DAY 2: FRIDAY, MAY 15, 2026

10:50 A.M. – 11:50 A.M.



Melissa Fredin

Stir the P.O.T.: Proactive, Ongoing, Tenacious Advocacy for Your Child and Yourself:

CLASSROOM 1A

Learn proactive strategies to prevent overwhelm and reduce crises before they begin. This session shares practical tools for advocacy across schools, health care and community systems while strengthening caregiver confidence, communication and boundaries to support long-term stability and well-being for families.

Melissa Fredin is a Proof Alliance Family Support Navigator, therapeutic foster provider and co-owner of Engaged 360 Parent Coaching. A mother of seven and graduate student in trauma resilience, she brings extensive lived and professional experience supporting families.



UNIVERSITY
OF MINNESOTA

The FASD Research
Group at the University
of Minnesota

Understanding Sleep Disturbances in FASD & Strategies for Intervention:

ASPEN

Explore how prenatal alcohol exposure impacts sleep in children and adolescents with FASD, contributing to attention, behavior, and emotional regulation challenges. Learn research-based insights and practical strategies families can use to promote healthier sleep and support daily functioning.

The FASD Research Group at the University of Minnesota has studied FASD for over 20 years, using MRI and neuropsychology to inform interventions for children and adolescents. Their work includes cognitive training, nutrition studies, brain stimulation, and sleep-focused research.



Sarah Routman

Discover the Power of Laughter:

BIRCH

Join Sarah Routman for an interactive workshop on the science of laughter as a healing tool. Through games, "Smile-Ups," and a closing laughter meditation, caregivers will leave energized, inspired, and equipped to make laughter a daily wellness practice.

Sarah Routman is a keynote speaker, certified Laughter Yoga trainer, and Global Laughter Ambassador. She helps caregivers and professionals turn the science of laughter into practical tools for stress relief, connection, and everyday wellness, blending contagious laughter with creative expression.

DAY 2: FRIDAY, MAY 15, 2026

12:50 P.M. – 1:50 P.M.



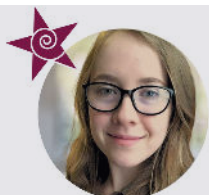
Dr. Jana Hunsley

Anchored Together: Restoring Connection in Marriage & Relationship:

CLASSROOM 1A

This session helps couples parenting a child with FASD restore connection and teamwork. Explore how stress, grief and differing coping styles affect relationships, and learn practical strategies to rebuild communication, emotional safety, and resilience while navigating the challenges of FASD caregiving.

Dr. Jana Hunsley is a psychologist specializing in foster care and adoption. She provides counseling, coaching, and training for families and professionals, drawing on research, clinical experience and personal insight from growing up with adopted siblings.



STAR SERVICES

Erin Martin

Navigating Home: Things to Consider When Looking for the Right Residential Provider:

ASPEN

This session guides families through planning residential supports for loved ones with FASD. Using person-centered thinking tools, participants learn how to evaluate options, ask the right questions, and find resources to make confident, individualized housing decisions.

Erin Martin and Christina Kurschner are person-centered plan facilitators at STAR Services, supporting individuals and families through complex planning conversations. Erin brings direct support experience, while Christina, ANCOR 2023 Minnesota DSP of the Year, combines leadership and advocacy to help families create better futures.



STAR SERVICES

Christina Kurschner

Why Standard Mental Health Approaches Fail Kids with FASD & What a Brain-First Model Makes Possible:

BIRCH

This session explores why traditional approaches often fail children with FASD. Dr. Ryan Jolly shares a Brain-First model with practical strategies to support regulation, reduce conflict, and empower families at home and school.

Dr. Jolly, founder of Brain First Family Center, is a psychiatric nurse practitioner, FASD parent, and advocate helping families and educators implement brain-aligned strategies for neurodiverse children.



Dr. Ryan Jolly

DAY 2: FRIDAY, MAY 15, 2026



Perfectly Imperfect

2:10 P.M. - 3:25 P.M.

PLYMOUTH BALLROOM

About This Keynote Presentation:

Kamille Shulman, joined by her mother Arlene Skolnik, delivers the conference's closing keynote, offering an inspiring perspective on living with FASD. Kamille shares how tailored supports, therapies and strategies helped her navigate school, work, relationships and adulthood while building a platform to raise awareness. Arlene provides the caregiver perspective, highlighting the balance between advocacy and supporting independence. Together, they explore the evolving challenges, successes and practical insights across the FASD lifespan.

About the Presenters:

Kamille Shulman, adopted from Russia with her twin sister, Jessica, was diagnosed with FASD at age two. She shares candid reflections on navigating school, friendships, work and daily life, while advocating for understanding and inclusion as a social media influencer.

Arlene Skolnik contributes the caregiver perspective, offering insight into family dynamics, advocacy and lessons learned. Together, they provide an inspiring, multi-generational view of resilience, strengths and support for individuals with FASD.

Meet & Greet with Kamille Shulman

11:50 A.M. – 12:50 P.M.

PHOTO WALL

Connect with Kamille Shulman, social media influencer and FASD advocate, in an informal meet-and-greet. This is a unique opportunity to ask questions, hear personal stories and engage directly with Kamille about her experiences, advocacy work and insights on living with FASD.

FAQS

Q: ARE MEALS PROVIDED?

A: Yes! Continental breakfast will be provided on both days of the conference, lunch will be provided both days and snacks will be available throughout.

Q: WILL I BE ABLE TO ACCESS THE CONFERENCE MATERIALS LATER?

A: Yes! All presentation slides, handouts, notes from facilitated discussions and the full conference program are available in a shared Google Drive. You can access them by scanning the QR code provided below.



Q. ARE CONTINUING EDUCATION CREDITS AVAILABLE TO ATTENDEES?

A: Certificates of attendance will be available to all conference participants. Proof Alliance is an approved continuing education (CE) provider for the Minnesota Board of Social Workers. Certificates will be shared after the conference via Google Drive and included in the follow-up conference email.

Q. HOW CAN I PROVIDE FEEDBACK ABOUT THE CONFERENCE?

A: We value your input! A conference evaluation form will be sent via email at the end of the event. Your feedback helps us improve future programming.

Q. HOW CAN I LEARN MORE ABOUT FASD?

A: Visit learn.proofalliance.org to explore free, self-paced online courses designed to deepen your understanding of FASD and related topics.

