

## **MN DEC SPRING PRACTITIONERS CONFERENCE**

**March 2nd and 3rd, 2017**

### ***Wellness and Practices for Times of Change***

#### **Thursday Evening March 2nd**

Registration 5:30 - 6:45

**Come early for EAT AND TWEET** - Getting Started with Twitter as a professional tool. Join the conference Twitter Challenge! Hashtag #mndec17 5:30-6:30

Hors D'Oeuvres Buffet 6:15

Welcome - Kellie Krick Oborn, President of Minnesota Division of Early Childhood 6:45

**Family Panel Discussion - Self-Care When Parenting Young Children with Special Needs 7:00 – 9:00** (Break at 8:00)

A group of families from around the state will share their stories and strategies for self-care when parenting a child with special needs. Come and hear their ideas on how early childhood professionals can best support the wellbeing of caregivers. A question/answer session will be incorporated. Panel Members: Kris Ajayi, Nicole Dockham, & Sarah Hogan Schwabel

#### **Friday March 3rd**

**Registration & Continental Breakfast 7:30-8:15.**

**Come early for EAT AND TWEET** - Getting Started with Twitter as a professional tool. Join the conference Twitter Challenge! Hashtag #mndec17 7:30-8:15

**Opening Keynote Session:** Moving and Learning® For Self Regulation: Keeping the Body in Mind presented by Chrissy Mignogna of Yoga Calm 8:30-10:00

Our busy, stressful lives contribute to poor sleep, diet and exercise - which leads to stressed children and adults! Using mindfulness, breathing techniques, yoga-based movement and social/emotional activities for Early Education, participants will be introduced the Yoga Calm® and Moving and Learning® curriculums. This experiential keynote presentation will introduce breathing techniques, integrative movement and social/emotional skills-building games that can be utilized right away - with young children one-on-one, in a classroom or daycare setting and at home. Current brain research will be reviewed to illustrate the role of stress and trauma on brain development and how breathing and mindfulness impact young children's ability to self-soothe. Practices for focus, self-soothing, and relaxation will be covered. Our own self care is a focus. This session is appropriate for Early Education teachers, social workers, OT's, PT's, and other early childhood service providers.

**Break 10:00 - 10:15**

## Morning Breakout Sessions 10:15 - 11:45

### **Moving and Learning® For Self Regulation Part 2: A Deeper Look at Mind-Body Practices**

#### **Room: Park 1**

**Description:** In this breakout session participants will have the opportunity to deepen their skill set in mind-body practices for EC. We will explore the art of creating therapeutic space for this work; designing relaxation stations that work in our environments; and practice Move Mindfully Poster Strip sequences for Focusing, Calming and Transitioning.

**Track:** Related Services

**Presented by:** Chrissy Mignogna of Yoga Calm

### **Primary Service Provider Model: Exploration and Initial Installation Lessons Learned**

#### **Room: Park 2**

**Description:** This panel discussion will be led by Anoka B-3 team members. Come hear about and learn from their experience exploring and installing PSP. They will share challenges they encountered and overcame, lessons they are learning along the way, and suggestions they have for teams exploring this innovation. Come with questions and thoughts to share as you engage in this lively discussion!

**Track:** B-3 Practitioners

**Presented by:** Shanna Klein, Anoka Hennepin early intervention teacher on the evaluation team; Jen Meinert, Anoka Hennepin early intervention teacher, and Audrey Marshall, Anoka Hennepin early intervention SLP

### **Equity Coaching; Our Journey**

#### **Room: Terrace 1**

**Description:** St Louis Park School District is committed to eliminating the racial achievement gap. To that end the Early Childhood – Early Childhood Special Education staff has been on an equity journey. We are working to build our knowledge, skill and will to provide culturally and racially responsive teaching and learning. During this session we will share our journey focusing on resources, strategies and our Equity Coaching Model.

**Track:** Leadership & Policy

**Presented by:** Jodi Miller, M.Ed., St.Louis Park ECSE teacher, Britt Albrecht, M.A., St.Louis Park Early Childhood teacher, and Louise Raths, St.Louis Park Special Education Supervisor

### **Itinerant Services and Coaching Colleagues: How do we make this work?**

#### **Room: Terrace 2**

**Description:** This panel discussion will give insight into the many intricacies of making itinerant services work for our students. Learn from the different viewpoints of a parent, preschool/childcare teacher, and special education teacher. A university professor will be able to give insight into how universities are preparing our future educators for this role.

**Track:** 3-5 Practitioners

**Presented by:** Missy Austreng, Preschool teacher at Bethel Highlands Preschool; Leanne Schultz, Parent; Pam Morrison, Birth to 5 Supervisor Stillwater Schools and Kellie Krick Oborn, Representing University perspective

### **Twitter for Professional Development and Advocacy**

#### **Room: Terrace 3**

**Description:** Twitter is a powerful tool for supporting professional development. It is a quick, low cost tool that provides access to current information and conversations. Twitter can also be a tool in advocacy efforts. This session will provide examples of how Twitter can support professionals in their PD efforts, networking and advocacy efforts. Tips and strategies for managing the flow of information, increasing efficiency and maximizing the benefit will be provided. Join the conference Twitter Challenge! **Hashtag #mndec17**

**Track:** Technology

**Presented by:** Jodi Altringer, PDF for Region 7 and Bridget Gilormini of PACER Simon Technology Center

**Executive Deli Buffet in Park Foyer 12:00**  
**Be seated in the Grand Ballroom 12:00 –1:15**

- Award Presentation for DEC Practitioner of the Year, Leader of the Year, and Lifetime Achievement
- Announce Mini-Grant Recipients
- Lisa Backer, Supervisor of MDE ECSE Leadership Team
- Raffle drawing!

**Afternoon Breakout Session 1:30-3:00**

**Fresh Ideas for High Quality Home Visiting**

**Room: Park 1**

**Description:** Participants will hear from several practitioners who are currently participating in the Family Guided Routines-Based Intervention (FGRBI) Home Visiting Innovation. Discussion will include how it has impacted their practice, increased team cohesiveness, and improved family competence and confidence. The interactive session will explore experiences and allow for participants to ask big questions they have about High Quality Home Visiting, DEC Recommended Practices, and how to apply for the FGRBI home visiting innovation. This is a great opportunity for teams to come together to ask their big questions about moving their practice forward.

**Track:** B-3 Practitioners

**Presented by:** Rebecca Wald, Richfield Public Schools Early Intervention teacher; Jessica Hoffman, Richfield Public Schools speech and language pathologist; and Jamie Anderson, Richfield Public Schools Early Intervention SLP

**Motor Intervention in Natural Environments**

**Room: Park 2**

**Description:** Interventions embedded in everyday activities and routines within home and school settings are the primary focus of services for infants and young children with disabilities and are supported by the DEC Recommended Practices, the American Occupational Therapy Association (AOTA), and the American Physical Therapy Association (APTA). In this session, participants will learn the why, what and how, for providing motor interventions for children ages B-5 during daily routines and within natural settings, including home, school and community. Coaching and collaborating with caregivers, teachers, and colleagues, through the lens of motor control and motor learning will also be discussed.

**Track:** B-5 Related Service Providers and Practitioners

**Presented by:** Michelle Mercado, OTD, OTR/L; Michelle Fyle, OTD, OTR/L; Emilie Levinson, M.ED, IMH-E®; Patty Lafromboise, ECSE teacher

**Wellness Technology for Young Children**

**Room: Terrace 1**

**Description:** Technology can be very useful when looking for ways to help children manage big emotions. Come discover today's tech tools and mobile apps designed to assist with managing overall wellness for young children.

**Track:** Technology

**Presented by:** Bridget Gilormini and Elizabeth Berry of PACER Center's Simon Technology Center

**Minnesota Early Learning Standards (Revised): A Tool to Support Your Work in ECSE Settings**

**Room: Terrace 2**

**Description:** The Early Childhood Indicators of Progress: Minnesota's Early Learning Standards have been recently revised and restructured. This session will help you understand the changes made to the standards (ECIPS) and the materials available to support usage. We will also spend time to identify and appreciate the how the revised ECIPS can support goal-writing and improving children's outcomes in ECSE

**Track:** B-5 Practitioners

**Presented by:** Eileen Nelson of MDE

## **Grooming New Leaders**

### **Room: Terrace 3**

Description: According to the Minnesota Department of Education 2015 Supply and Demand Report (data on ECSE workforce nearing retirement). Local leaders establish the conditions that are essential for ECSE and EI programs to make meaningful progress each year. With a high percentage of our workforce retiring in the years to come, it is essential that practitioners be prepared to step into leadership roles and that state and local leaders be planful and intentional about grooming new leaders. Lisa Backer from MDE along with several local ECSE leaders, will facilitate a discussion around steps practitioners can take to build their leadership skills and strategies leaders can use in mentoring and grooming up and coming ECSE leaders.

**Track:** Leadership & Policy

**Presented by:** *Lisa Backer of MDE and Sara Meyer, Metro ECSU Region 6 & 8 Professional Development Facilitator.*

### **Thank you for attending MN DEC 2017 Practitioners Conference!**

**All participants will receive an email at the conclusion of the conference. The email will include a link to a shared folder where you can access all session handouts that have been provided by presenters. In addition, you will be invited to provide feedback on the conference. Once you submit your feedback you will be linked directly to clock hours for your attendance.**

### **Presenter Bios**

**Britt Albrecht** M.A. is an Early Childhood teacher for the St Louis Park School with 17 years of experience. She began her career teaching Early Childhood Special Education for 3 years. This was followed by 12 years of teaching within a Family Learning Program and a Learning Readiness Program. Britt has served children and their families from a wide variety of socioeconomic, racial, cultural and linguistic background in an inclusive setting. Britt has a B.A. in Child Psychology and a M.A. in Education

**Jamie Anderson** is an Early Intervention speech language pathologist in the Robbinsdale School District. She earned both her undergraduate and graduate degree from the University of Minnesota-twin cities. The Robbinsdale Early Intervention team is in their first year of the Family Guided Routines Based Intervention (FGRBI) Innovation. Jamie will be among the first team members to be coached on home visits and she is also a member of the implementation team.

**Jodi Altringer** is a Professional Development Facilitator for Region 7 with the MN Centers of Excellence. She has 22 years of experience as an Early Childhood Special Education teacher in the Buffalo-Hanover-Montrose School District. Jodi is currently a member of the Minnesota Division of Early Childhood board. She is an advisory board member for the PACER Center project, Technology to Improve Kid's Educational Success (TIKES). Jodi has an undergraduate degree in Special Education and a Master of Science degree in Child and Family Studies from St. Cloud State University. She also obtained a Teaching and Technology certificate from Hamline University

**Lisa Backer**, Minnesota Department of Education. Lisa has been with the Minnesota Department of Education since 2000 and currently supervises MDE's Early Childhood Special Education team. She was an ECSE teacher and district administrator for 13 years before transitioning to MDE.

**Elizabeth Barry**, Early Childhood Assistive Technology Specialist in PACER Center Simon Technology Center. Elizabeth contributes to the Technology to Improve Kids' Educational Success (TIKES) project. TIKES promotes the use of assistive technology by children with disabilities ages birth to five. Elizabeth currently provides consultations, coaching, and trainings on a variety of Early Childhood assistive technology topics for families and professionals. Elizabeth holds a teaching license and Master's degree in Early Childhood Special Education. Elizabeth previously worked with the Minnesota Reading Corps providing individualized pre-literacy instruction to pre-kindergarten students.

**Michelle Fyle** is an occupational therapist specializing in early intervention. Michelle received her Bachelor of Arts degree in Natural Science from The College of St. Scholastica and her Master and Doctoral degrees in Occupational Therapy from St. Catherine University. In 2003, Michelle started working with St. Paul Public Schools primarily working in the elementary setting. In 2006, Michelle transitioned to working with the birth-to-three program where she is currently

employed. She has had specific training in Routines-Based Intervention, Infant Mental Health, Willbarger Deep Pressure Proprioceptive Touch program, SOS feeding program, and the Beckman Oral Motor Program. She is currently pursuing her Infant Mental Health Endorsement through the Minnesota Association of Infant and Child Mental Health. She is a member of the American Occupational Therapy Association, Minnesota Occupational Therapy Association, and the National Association of the Education of Young Children. Michelle uses a holistic approach in which she incorporates intervention specifically into family routines within their natural environments. Her passion lies in promoting positive parent-child interactions and building relationships. It is her belief that it is through relationships and natural environments children with special needs can truly flourish.

**Bridget Gilormini**, Director of the Simon Technology Center at PACER. Bridget has been with PACER for the past 9 ½ years. She has been the director of the TIKES Project for the past 4 years. Bridget has 10 years of experience as practicing SLP in the public schools and 20 years of experience in assistive technology for all ages. Her professional interests include: literacy, augmentative alternative communication (AAC), early childhood, and mobile technology.

**Jessica Hoffman**, M.A. CCC-SLP, is a speech language pathologist in Early Intervention for Richfield Public Schools. She earned her undergraduate degree from UWRF and earned her master's degree from UMD. During the first nine years of Jessica's career, she worked in an Early Childhood Program in Texas. While in Texas, Jessica had many opportunities including becoming *Hanen* certified and leading courses for families. Families participated in coaching sessions and analyzed short videos while focusing on communication strategies through play and daily routines. In August 2014, when Jessica started with Richfield Public Schools, the team started their first year in the Home Visiting Innovation. Jessica has taken on many roles including: practitioner, internal coach, implementation team member, state FGRBI (Family Guided Routines Based Intervention) trainer, and state implementation member.

**Shanna Klein**, ECSE Teacher, received her Bachelor of Science degree in Early Childhood Special Education at University of Wisconsin- Eau Claire and her Masters in Education from St. Mary's University. She began her career in the Burnsville-Eagan-Savage School District as an early intervention teacher and evaluator for 8 years then moved to the Anoka-Hennepin School District where she has been on the evaluation team for the past 9 years.

**Kellie Krick Oborn, Ph.D.** has worked in the field of ECSE for 20 years. She is the ECSE Coordinator for Bloomington Public Schools and is currently serving as MN DEC president.

**Patty Lafromboise**. Early Childhood Special Education teacher, on the St. Paul Public Schools ECSE Inclusion team, working with 3-5 year olds in the community: homes, child care, Head Starts. She has worked on a team to write the social-emotional lessons for "Discovering Our World" curriculum for the St. Paul Public Schools Pre-kindergarten and has served as an internal coach for TACSEI for the past two years.

**Emilie Levinson**, M.ED, IMH-E®. Emilie has worked as an Early Childhood Special Education teacher for St. Paul Public Schools in the B-3 program since 2010. She works with families and young children primarily in their home environment. Emilie has a Bachelor's Degree in Early Childhood Education and a Master's Degree in Early Childhood Special Education. She also has her Infant Mental Health Endorsement at a Level II Infant Family Specialist. Emilie has experience implementing Video Self Modeling, Primary Service Provider Model, and TACSEI.

**Audrey Marshall**, MS, CCC-SLP, received her Bachelor and Master of Science in Communication Sciences and Disorders at St. Cloud State University in 2013. She has been working in Early Intervention with Anoka-Hennepin Schools since then and specializes in the treatment of expressive language delays with an emphasis on coaching parents. Prior to becoming a speech-language pathologist, she worked as an educational assistant in Early Childhood Special Education.

**Jen Meinert**, ECSE Teacher, received her Bachelor of Science degree in Early Childhood Special Education at Moorhead State University. Jen has a Masters Degree from Concordia University in Differential Instruction. Jen began her teaching career in the Albany School District. Jen spent a majority of her teaching career in the early intervention program at the Spring Lake Park School District. Jen has been employed in the Anoka-Hennepin School District for the past 4 years as an early intervention teacher. Jen has been in the Early Childhood Special Education field for 18 years.

**Michelle Mercado** is an occupational therapist specializing in pediatrics. She received her Bachelor's, Master's and Doctoral degrees from St. Catherine University. She has worked in a variety of settings including private practice, elementary schools and early intervention. Michelle is currently working for St. Paul Public Schools in the Early Childhood Special Education, 3-5 Inclusion program. She works with children, families and community agencies providing inclusive special education services to preschoolers who have a variety of developmental needs. She also works on-call at Family Achievement Center in Woodbury, Minnesota. Michelle has over 10 years of experience with coaching colleagues and families in natural environments, using Family Guided Routines Based Intervention (FGRBI) and providing services under a Primary Service Provider (PSP) Model. She serves on the Board of Directors and is the Medical Liaison

for the Sotos Syndrome Support Association (SSSA). She is currently pursuing her Infant Mental Health Endorsement through the Minnesota Association of Infant and Child Mental Health.

**Sara Meyer**, Metro ECSU Region 6 & 8 Professional Development Facilitator. Sarah has been an Early Childhood Special Education Teacher for the past 16 years. She served as a B-3 teacher and ECSE classroom teacher and most recently as an ECSE Inclusion Program Manager. She is currently a Professional Development Facilitator with the MN Centers of Excellence where she works to connect, support, and empower EC/ECSE programs in the state.

**Chrissy Mignogna**, E-RYT 200 (Experienced Registered Yoga Teacher), is a member of Yoga Alliance and a Certified Yoga Calm Trainer. As Director of Programming and Development for 1000 Petals, she trains teachers and therapists to use Yoga Calm® and Moving and Learning® curriculums preschools/daycares; ECSE; elementary and middle schools; and in the University of Minnesota Children's Hospital Adolescent Mental Health department. Chrissy also teaches adult classes, and teaches a volunteer Senior Chair yoga class. Chrissy believes that this restorative, meditative practice is truly for everybody and can take place everywhere.

**Jodi Miller, M. Ed.** is an ECSE teacher for St Louis Park Schools. Jodi began her career as an Early Childhood teacher working for 6 years in a learning readiness program. Since that time, she has taught in an inclusive Early Childhood program. Throughout her 25 years she has served children and their families from a wide variety of socio economic, racial, cultural and linguistic backgrounds. Jodi has a B.A. in Early Childhood Education and her M.Ed. in ECSE.

**Eileen Nelson, MDE.** Eileen has spent her career working in the area of early childhood education. She has spent the last 11 years at MDE in Early Learning Services, working with programs, policy, scholarships and the Race to the Top grant. Prior to that, most of her career has been spent in early childhood publishing as an editor and publisher.

**Louise Rath** is a Special Education Supervisor for the St Louis Park Schools. She has spent many years teaching and supporting ECSE children and their families. Louise is on the board of Minnesota DEC.

**Rebecca Wald** is an Early Childhood Special Education Teacher working in the Early Intervention program with Richfield Public Schools. She earned her Bachelor of Science in Child Psychology and her Master of Education from the University of Minnesota. Rebecca works on an amazing team, providing home visits to families with a wide range of language, socio-economic, and cultural diversity. She has been in the field for 9 years. Rebecca, and her team, has embarked on the journey of the FGRBI (Family Guided Routines Based Intervention) Home Visiting Innovation. She has taken the role of internal coach, serves on the DEC Implementation Team for Richfield, and is a state FGRBI trainer.

**Missy Austreng** is a preschool teacher who worked with itinerant service providers in a community preschool classroom for 9 years. She has a son with special needs who also received itinerant services in his preschool setting.

**Leanne Schultz** is a parent of two sons who received itinerant services in their preschool settings from ages 3-5 year. She worked closely with her IEP team to work on skills with her boys.

**Pam Morrison** is a Birth to 5 Special Education Supervisor for Stillwater Area Public Schools. Previously, Pam worked as an itinerant special education teacher in local community preschools and childcare centers for 10 years. Pam has a B.A. in Early Childhood Education and her M.Ed. in ECSE.