Breakout Sessions KAIMH Conference 2025

A Child's Brain; Some Assembly Required, Ashley Fritschle, IMH-E®
An investment in a Child's brain development is so important in building the foundational skills for the rest of their lives. We will discuss how developing a nurturing environment supports physical, emotional, and cognitive development as well as the importance of meaningful interactions. We will also investigate some strategies to try with children who's brains still aren't quite properly assembled…yet!

Supervision for Clinical Services in Infant Mental Health Services, **Rick Gaskill, EdD, LCPC, RPT-S, IMHE®**
Research reveals few supervisors have formal training in supervision. Commonly, one becomes a supervisor because they provided clinical services in the past or are a senior staff member.   Supervisees commonly complain of lax supervision, little structure, conflicting communication, confusing expectations, and differences in theoretical orientations. Organizations can greatly improve the delivery of clinical services through well-trained supervisors and well-designed supervisory programs. Such improvements increase clinical competency, improves community perception, and aids recruitment and retention of new employees. This workshop will cover ethical, legal and contractual considerations, as well as competency development, supervisory activities, and common supervision models.

The HOPEful Classroom: Integrating ACEs and PCEs for Student Success, Dana Book & Beth Reeder
This interactive workshop equips educators with the knowledge and tools to address the impact of Adverse Childhood Experiences (ACEs) while fostering Positive Childhood Experiences (PCEs) in the classroom. Participants will explore the science behind ACEs and their effects on learning and behavior, then shift focus to strategies for building resilience through the HOPE framework (Healthy Outcomes from Positive Experiences). Through engaging discussions, real-world case studies, and collaborative activities, attendees will learn to create classroom environments that promote safety, trust, and connection. The session also includes action planning to help educators immediately apply their insights to support student success and well-being.

Safety in Early Childhood Visitation, Trina Morgan, IMH-E®
Safety in Early Childhood Visitation discusses the importance of planning before, during and after conducting home visits. This training will give practical techniques to assist home visitors and others who go into the community in preparing for their own safety.

Breastfeeding's Impact on Mental Health, Brenda Bandy, IBCLC

Breastfeeding is associated with improved maternal mental health outcomes. However,
with challenges between breastfeeding expectations and the parent's experience, breastfeeding is associated with
negative mental health outcomes. This session will examine the complex relationship between breastfeeding and
maternal mental health. Attendees will be better able to personalize their breastfeeding and mental health counseling.

Early Learning - Behavior Interventions and Strategies, Laura Evins, M. Ed - Early Childhood Special Education

This presentation proposes an exploration of early learning strategies to promote positive behaviors and provide
effective interventions in early childhood settings. By examining tried and true strategies and their impact on children's
social-emotional development, participants will gain the necessary knowledge and skills to foster supportive
relationships, implement consistent routines, and create inclusive environments that encourage positive behaviors. The
presentation will also emphasize the importance of collaboration between educators, families, and support
professionals to best meet the needs of each child.

Community, Loneliness, Belonging, and Othering, in Infant Mental Health, B.S., MURP, IMH-E®

This workshop explores three models of community – Atomistic/Contractarian, Organic/Functional, Mutual/Personal
(Kirkpatrick, Frank. Community: A Trinity of Models) and three kinds of loneliness – Personal, Social, Existential (Nobel,
Jeremy. Project UnLonely: Healing our Crisis of Disconnection). Loneliness is an evolutionary, neurological, survival
adaptation that enables us to feel pain when we are not as connected as we would like. What kinds of loneliness do
infant mental health workers, infants, toddlers, and caregivers experience? How do we talk about loneliness with one
another and with infants and toddlers? In this session we will explore: How do different models of community and the
experiences of loneliness impact belonging and othering? How can awareness of the models of community in our lives
improve how we design environments and inform our caregiving and relationships to enhance belonging? How can
curiosity and conversations about loneliness improve our ability to reduce othering among colleagues, caregivers, and
social/emotional development of infants and toddlers?

Nurturing Minds: An Introduction to PAX for Early Childhood Mental Health, Frances Witt, BSW, OCPSA

Join PAXIS Institute to learn how PAX supports early childhood development and mental health outcomes. Applicable
for a wide range of early childhood professionals including home visitors, early intervention service providers, direct care
providers, and therapeutic service providers, this foundational workshop will introduce how PAX strategies promote
positive behavior in young children. Learn how PAX strategies can create nurturing environments that foster resilience
and well-being in our youngest learners, enhancing focus, attention, and academic outcomes while reducing future risks
of mental health issues and substance use. Thanks to a partnership between KDADS and PAXIS Institute, PAX training
is now available at no-cost to participants.