

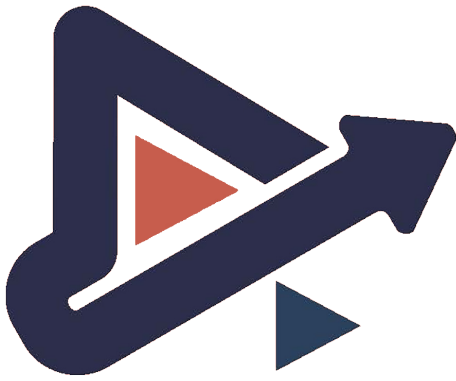
The Pathway to the Promise of Community Action



May 6th -May 8th

The Crowne Plaza

3000 S. Dirksen Pkwy, Springfield, IL 62703



The Pathway to the Promise of Community Action

May 6th-8th

Featured Events and Conference Tracks

The Promise of Community Action

Community Action *changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.*

Families of Distinction Banquet

Please join us at this year's Families of Distinction Banquet where we will be celebrating and recognizing the resiliency of the individuals and families served by Community Action Agencies throughout Illinois. This year's event will feature an inspiring short documentary of six families who have achieved self-sufficiency with the help of Community Action. **Melody Hulett of Pure Haven Family Resource Center** will be providing opening remarks.

Opening Session

We are pleased to confirm **Dr. Robert Lemon** for the opening session of this year's Annual Conference. Dr. Lemon is an award-winning national speaker, successful entrepreneur and author. He has trained at various colleges, government organizations and a variety of companies to maximize their leadership potential. Dr. Lemon has presented for the Community Action and Head Start Agencies of Alabama, South Carolina Community Action/Head Start and the Florida Association of Community Action Agencies. Most recently, Dr. Lemon was the closing speaker for the National Partnership's Management and Leadership Training Conference.

Awards Luncheon

Our strength over the years has been due to the tireless efforts of those who support our work and mission of combating poverty throughout our communities. We rely on these volunteers, visionaries, leaders and legislators to be impactful to our work. You do not want to miss the Awards Luncheon at this year's IACAA Annual Conference where we will be recognizing extraordinary individuals who have stood up for the vulnerable and supported our collective work.

Weatherization Roundtable

With so many questions on what lies ahead with the utility programs, IACAA would like to help our agencies gain a better understanding of what the future holds. This session will feature experts from the industry to provide vital information to our members on what is to come with the utility programs. **Dave Rinebolt of TBD Consulting** will be featured in this session

Promise of Community Action Tracks

Each track at this conference is designed to speak to our commitment to the implementation of The Promise of Community Action. Whether you are an educator, caseworker, in the medical field or the executive director/staff of your agency, this year's sessions are sure to motivate and inspire you!

Sunday- May 6, 2018-Families of Distinction Banquet (Begins at 6pm)				
<u>Monday - May 7, 2018</u>				
7:30 AM - 4:00 PM	Registration/Information Desk Open/ Silent Auction			
7:30 - 8:30 AM	Hot Breakfast Served			
8:30 - 9:30 AM	Opening Session- Dr. Robert Lemon			
9:30 - 10:15 AM	Committee of the Whole			
10:15 - 11:00 AM	IACAA Business Meeting			
11:00 - 11:45 AM	ICADC Business Meeting			
12:00 - 1:00 PM	Lunch-On Your Own (Executive Director's Lunch)			
1:00 - 2:30 PM	BREAKOUT SESSIONS			
<u>Sessions</u>	<u>Track: Changes Lives</u> <i>Kristin Kauffman (Prevent Child Abuse)- Building a Road to Resilience</i>	<u>Track: Spirit of Hope</u> <i>Ashley Krstulovich (Student Yoga and Mindfulness Project)-Self-care: Mindfulness for Families and Children</i>	<u>Track: Promise of Community Action</u> <i>Donna Rogers (Rogers HR Consulting) -Anti-Discrimination and Harassment in the Workplace</i>	<u>Track: A Better Place to Live</u> <i>Christine Westerlund (IACAA)- Preview of Family Centered Coaching-Two Generation Work and Integrated Services</i>
2:30 – 2:45 PM	REFRESHMENT BREAK			
2:45 - 4:15 PM	BREAKOUT SESSIONS			
<u>Sessions</u>	<u>Track: Changes Lives</u> <i>Sarah Spunt and Sol Anderson (LIFT Chicago)-LIFT Program-Fighting Poverty</i>	<u>Track: Spirit of Hope</u> <i>Amanda Kim (IDPH) & Andrew Dewey (UIS)- 2-Perspective Approach to the Opioid Crisis</i>	<u>Track: Promise of Community Action</u> <i>Bev Neisler (John Maxwell Leadership Trainer)- The 21 Indispensable Qualities of a Leader</i>	<u>Track: A Better Place to Live</u> <i>Kristin Kauffman (Prevent Child Abuse)- Poverty: Cycles of Risk</i>
5:30 - 7:30 PM	Networking Reception			
<u>Tuesday, May 9, 2018</u>				
7:30 AM - 3:00 PM	Registration/Information Desk Open/ Silent Auction			
7:30 – 8:45 AM	Denise Harlow, Executive Director of the National Community Action Partnership- Addressing Community Action's Role in Battling the Opioid Crisis (Plated Breakfast Provided)			
8:45 - 10:45 AM	Weatherization Roundtable			
11:00 AM – 12:30 PM	BREAKOUT SESSIONS			
<u>Sessions</u>	<u>Track: Changes Lives</u> <i>Dan Maksymiwiw (CEDA), Wayne Thompson (Tri-County), Dave Rinebolt (TBD Consulting)- WX Panel on Technical Assistance</i>	<u>Track: Spirit of Hope</u> <i>Lorena Johnson (UIS)- The Importance of Cultural Competence in Creating Productive and Inclusive Communities</i>	<u>Track: Promise of Community Action</u> <i>Karen Sanders (Lincoln Land Community College Foundation) - Building Resources for Non-Profits</i>	<u>Track: A Better Place to Live</u> <i>Christa Austin- (Transformational Consulting, LLC)- Trauma Informed Care: Be the bridge for a child to help connect the dots....</i>
12:15 - 1:30 PM	Awards Luncheon (FCD Graduate Pinning/Awards)			
1:45 - 3:15 PM	BREAKOUT SESSIONS			
<u>Sessions</u>	<u>Track: Changes Lives</u> <i>Carolyn Hill & Elizabeth Horne (CEDA)-WX : Quality from Start to Finish</i>	<u>Track: Spirit of Hope</u> <i>Lorena Johnson (UIS)- Diversity & Inclusion Game and Lecture</i>	<u>Track: Promise of Community Action</u> <i>Katrina Hays (United Way of Springfield)- Thoughts from the Field: Collaborations</i>	<u>Track: A Better Place to Live</u> <i>Christa Austin Transformational Consulting, LLC)- Adverse Childhood Experience (ACE): The What? The Who? The Why?</i>
3:15-3:45 PM	CLOSING			

Monday, May 7th 1:00 pm – 2:30 pm

Building a Road to Resilience (Changes Lives Track)

Kristin Kaufman, MS-Prevent Child Abuse

This training session will introduce attendees to the concept of resiliency and how to build resiliency in the youth and families that we serve. Attendees will be challenged to assess their own resiliency traits and begin exploring how our own traits affect our ability to build resiliency in youth and families. Defining resiliency and its domains, characteristics, and traits, that are needed in order to strengthen resiliency, are key components of this session. Discussions will consist of strategies for building resiliency traits in both children and families by building on both inner strengths and outside support systems.

Self-Care: Mindfulness for Children and Families (Spirit of Hope Track)

Ashley Krstulovich-Student Yoga and Mindfulness Project

Stress among parents and others who care for children can become chronic and linked to a lower quality of life, unhealthy family functioning, and negative psychological consequences. This stress can be transferred and absorbed by children. Caregivers can easily burn out or experience compassion fatigue – the secondhand experience of various trauma resulting in tension, anxiety, hopelessness and exhaustion. That said, self-care for parents, caregivers, AND their children is critical. One approach that helps reduce stress is mindfulness. Mindfulness, the practice of being fully present in the moment—noticing thoughts and letting them go, without judgment—can help you make the most of your self-care practices. This presentation will offer an overview of the major concepts of mindfulness, some interactive practice sessions, as well as some useful tips on how to create a more sustainable self-care toolbox that can be used for both caregiver and the entire family.

Anti-Discrimination and Harassment in the Workplace (Improves Communities Track)

Donna Rogers-Rogers HR Consulting

This presentation provides you with information on how to recognize sexual harassment and reviews company policy and procedures on responding to and reporting sexual harassment concerns. As supervisors on the front line, it is essential that you know how to recognize sexual harassment and how to respond and prevent it. This sexual harassment training provides you with that knowledge. Offering this training also helps us raise a defense and avoid punitive damages in the event of a sexual harassment lawsuit.

Preview of Family Centered Coaching:Two-Generation Work and Integrated Services (A Better Place to Live Track)

Christine Westerlund-Illinois Association of Community Action Agencies

This session will introduce and explore Family Centered Coaching (FCC). FCC was developed by the W.K. Kellogg Foundation and offers practitioners an open-sourced set of tools to help create strong relationships and partnerships with families. The FCC approach combines motivational interviewing, case management and goal setting wrapped with racial equity practices.

Monday, May 7th 2:45 pm – 4:15 pm

The Chicago LIFT Program (Changes Lives Track)

Sol Anderson & Sarah Spunt-LIFT Program

Founded in 1998, LIFT is a national nonprofit dedicated to ending intergenerational poverty. Since then, they have helped 100,000 low-income individuals achieve their goals. They have connected hardworking parents and caregivers of young children to the people, tools and resources they need. By fostering relationships between parents and caregivers (members) and dedicated volunteers (coaches), LIFT helps families build the personal well-being, social connections and financial strength to secure basic needs and achieve long-term goals and aspirations, like a safe home, living wages or a better education. Headquartered in the nation's capital, LIFT is also committed to developing strong partnerships with a range of allies on national issues vital to a better future for children and families. This presentation will focus on the design and implementation LIFT's two-generational program model and how they listen and incorporate member feedback to develop their programs.

2-Perspective Approach on the Opioid Crisis: Seeing Eye-to-Eye

Amanda Kim, J.D.-Illinois Department of Public Health & Andrew Dewey-University of Illinois Student Graduate Research Assistant

The rate of life-threatening overdoses in Illinois is dismal and alarming. At the current rate of the Opioid Crisis, the epidemic will claim the lives of more than 2,700 people in Illinois in the year 2020. Effective action must be taken to reduce opioid misuse and abuse in our country. This session will discuss the Action Plan and Policy that the State of Illinois has created to combat and address the epidemic. Alternatively, attendees will gain a first-hand look into an individual has battled opioids as Illinois resident, Andrew Dewey shares his story from Tragedy to Triumph. Dewey will also share his perspective on how we can work to end Opioid Crisis in Illinois.

The 21 Indispensable Qualities of a Leader (Improves Communities Track)

Beverly Neisler-John Maxwell Certified Leadership Coach/Trainer

Let's talk Leadership! If you look at all great leaders, you'll find that they possess the 21 qualities that this session will help you identify. If you can become the leader you want to become on the inside, then you will be able to become the leader you want to be on the outside. Understanding leadership and actually leading are two different activities. This is a lively participative session led by a John Maxwell, certified trainer, that will get you thinking about leadership, and how leadership applies to all facets of your life.

Poverty: Cycles of Risk (A Better Place to Live Track)

Kristin Kaufman, MS-Prevent Child Abuse

This training session will allow participants to gain a deeper understanding of how poverty often reinforces other issues, such as exposure to violence, complex trauma, homelessness, and substance abuse and how living in poverty can impact the most vulnerable families in the communities we serve. Participants will explore their own attitudes and beliefs about poverty and the people who are identified as living in poverty. Attendees will gain a better understanding the underlying conditions of poverty and how that impacts our communities. Finally, participants will learn and discuss strategies to change these underlying conditions within our communities.

 **Tuesday, May 8th 10:45 am – 12:15 pm** 

 **Weatherization Panel: Technical Training and Customer Service (Changes Lives Track)**

Wayne Thompson-Tri-County Opportunities Council, Dan Maksymiw-CEDA, Dave Rinebolt-TBD Consulting

Meet the experts! This session presents techniques for improving the quality and efficiency of Weatherization projects. The presenters will offer their field perspectives, digital photographs and other materials to help you along the way. The workshop will provide tips on best practices along with customer service techniques to help you better serve your community.

 **The Importance of Cultural Competence in Creating Productive and Inclusive Communities (Spirit of Hope Track)**

Lorena Johnson-University of Illinois Springfield

Cultural competence is generally defined as the ability to interact effectively with people of different cultures to help ensure that the needs of all community members are addressed. This session requires that individuals communicate with audiences from diverse geographic, ethnic, racial, cultural, economic, social, and linguistic backgrounds. Attendees will learn to work effectively across cultures to further your organization's or agency's mission, increase your effectiveness as an organization and make your organization a better place to work in general through cultural competence. Becoming culturally competent is a dynamic process that requires cultural knowledge and skill development at all service levels.

 **Essential Building Blocks for Fundraising Success (Building Resources for Non-Profits) (Improves Communities Track)**

Karen Sanders- Lincoln Land Community College Foundation

Let's build on your organization's fundraising potential! Get tips on proven methods that really work. This session will guide Executive Directors, Board Chairs, and other key staff to learn the essentials of professional and sustainable fundraising. This interactive session will provide vital information that you can implement to build resources for your non-profit organization.

 **The Basics: Childhood Trauma Informed Practices (A Better Place to Live Track)**

Christa Austin- Transformational Consulting, LLC

More and more children come into classrooms with physical, mental and emotional needs that go far beyond standard educational training. How can we help these children to thrive as learners, and how can we support the adults who strive to teach them? This session is an opportunity to bring our health and education partners together to learn about shaping our school systems, community partners, classroom practices, and cultures to create compassionate, versatile, and healthy teaching and learning environments.



Tuesday, May 8th 1:45 pm – 3:15 pm



Weatherization: Quality from Start to Finish (Changes Lives Track)

Carolyn Hill & Elizabeth Horne-CEDA

Community Action's commitment to our clients and families, helps us remain diligent about the quality of the services we provide to them. Quality should define our work from the very beginning to the very end. CEDA's Weatherization program has established processes and procedures which help guarantee quality at each stage of the service provided. This presentation will highlight a commitment to Community Action while focusing on a commitment to quality. These procedures can be adopted to any program or direct service. Some of the topics addressed in this presentation will include 1) quality control through monitoring program partners/contractors; and 2) compliance through file tracking and records maintenance.



Cultural Diversity & Inclusion Game (Spirit of Hope Track)

Lorena Johnson-University of Illinois Springfield & Christine Westerlund-Illinois Association of Community Action Agencies

Diversity is an always an issue that needs to be cultivated, supported and reinforced. By recognizing people's similarities and differences, we can become better employees and stronger leaders. It is only through understanding each other that we truly gain knowledge and can move forward together. This activity of diversity and inclusion is a simple way to get people talking and listening to one another.



Thoughts From the Field: Exploring the Nuances of Why Collaboration is SO Hard (Improves Communities Track)

Katrina Hays-United Way of Springfield

Every community wants to have one, but why does it seem as if everything needs to be perfectly aligned in order for collaboration to succeed? Starting and managing collaborations seems, at times, more difficult than performing the most complex brain surgery, but yet, some communities seem to get it right. During this session, you will explore the hurdles that must be overcome in order for collaboration to succeed from Katrina's perspective and dive into discussion about removing the hurdles that seem to be existing in your own community.

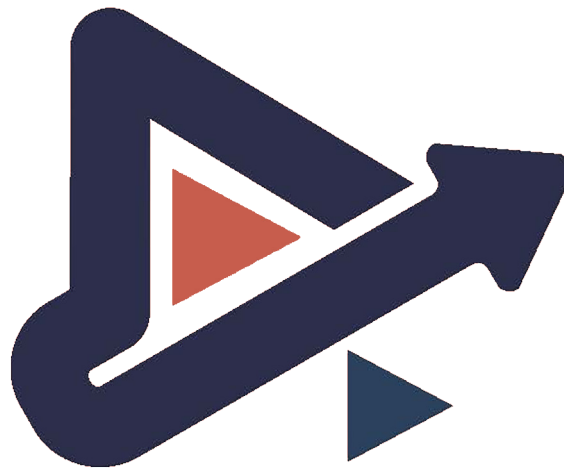


How to Address Adverse Childhood Trauma (ACE)(A Better Place to Live Track)

Christa Austin- Transformational Consulting, LLC

Adverse Childhood Experience (ACE) reveals a compelling relationship between our emotional experiences as children and our adult emotional health, physical health, and major causes of mortality in the United States. This research makes it very clear that time does not always heal everything. Some of the adverse experiences found in childhood have proven to affect us well into our adulthood. This session will introduce the concept of Adverse Childhood Experiences (ACE) and its impact on teaching and learning. Participants will learn about how (ACE)s research has been used to develop innovative and effective programs that have resulted in improved academic outcomes for children in poverty.

The Pathway to the Promise of Community Action



Registration Information

Early Bird Registration (Until April 9th) **\$400.00**
Regular Registration (Closes May 2nd) **\$450.00**
Families of Distinction - Adult **\$ 55.00**
Families of Distinction - Child **\$ 35.00**
Awards Lunch/ FCD Graduation **\$ 30.00**

Location

Crowne Plaza Hotel
3000 S. Dirksen Parkway
Springfield, IL 62703

To Make Room Reservations call (217) 585-2830.
A room block is being held under IACAA. The room block cut off date is April 20, 2018. The room rate is \$119 plus tax for king or double.