

Head Start Families In Crisis:

Tackling Substance Abuse

**A Region III Head Start Conference
In Collaboration With:**

OHDS, Office for Community Programs

Public Health Service

Head Start Resource and Training Center

Head Start Resource Access Project

3535 MARKET STREET
PHILADELPHIA, PENNSYLVANIA 19104

Dear Colleague:

It gives me great pleasure to extend this personal invitation for you to attend the Region III Head Start Training Conference, "Head Start Families In Crisis: Tackling Substance Abuse," scheduled for February 20-22, 1991.

Because of the devastating affects of substance abuse on the family and the increased challenge this presents to Head Start staff in all components, we decided to break from the traditional Enhancing Quality Performance format in order to focus on this important topic. This conference brings together a diverse group of experts to help us examine the physical, psychological, and social consequences of addiction. The conference will also provide Head Start staff, who are often the front line of intervention, with practical information on serving these families.

From the pre-conference activities and the array of 21 conference workshops to the Head Start General Session and the showcase of demonstration projects, the conference is designed to have something to offer everyone. The success of the conference, of course, depends upon your full participation. So please plan to attend and register early.

I look forward to seeing you here in February.

Cordially,

David J. Lett
Director
Office for Community Programs

The Region III Head Start Training Conference

HEAD START FAMILIES IN CRISIS: TACKLING SUBSTANCE ABUSE--February 20-22, 1991

The Conference:

The Region III Training Conference, "Head Start Families in Crisis: Tackling Substance Abuse," is jointly sponsored by the Region III Office for Community Programs, Region III Public Health Services, Head Start Resource and Training Center, and the Resource Access Project. In addition, the Office for Substance Abuse Prevention (OSAP) has provided additional financial support and technical assistance.

The Conference will offer a wide variety of sessions that focus on model projects, research, and information on substance abuse treatment and prevention. Nationally recognized presenters and practitioners will offer information to support your efforts to meet the needs of young children and their families.

We're looking forward to seeing you and 500 other Head Start administrators, staff, parents, and teachers. We also encourage you to share this package with other community organizations that might want to attend the conference. The issues related to substance abuse prevention and treatment will take collaboration across all organizations and we want to welcome community representation.

The Conference opens with a banquet and keynote address on February 20 and concludes at noon on February 22. Please make travel plans accordingly.

Seminars:

Seminars will be filled on a first come first serve basis. Because space will be limited, we encourage you to register early.

Registration:

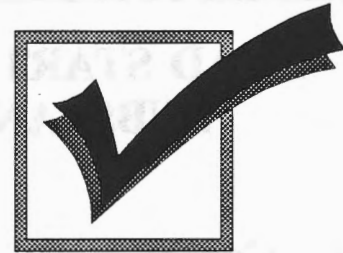
A conference of this size requires registration in advance. Please use the registration form from the back of this booklet to select your seminars. An extra registration form has been included to ensure that a separate form is completed for every individual registering. The registration fee has been reduced from \$85 per person to \$65. We were able to do this with the help from OSAP.

Hotel:

Enclosed is a hotel registration card. We encourage you to complete these and return them as soon as possible. In the event that all the sleeping rooms are committed, the Holiday Inn staff will locate you in a nearby hotel. Early hotel registration will ensure you space.

TO PREREGISTER USE THIS FOUR STEP PROCESS:

1. Complete the enclosed "Conference Pre-Registration Form"--a separate form must be completed for each individual attending.



2. The Conference Registration fee is **\$65** per person. Checks must be made payable to the **University of Maryland**. The fee includes: opening banquet (2/20), continental breakfasts (2/21 and 2/22), refreshment breaks, and CEUs. **No partial or daily registration fees are available.**

3. Send completed "**Seminar Registration**" and "**Registration Fee**" to:

Ms. Darlynn L. Mabon, Conference Chair
The Head Start Resource and Training Center
University of Maryland University College
University Blvd. at Adelphi Road
College Park, MD 20742-1630

4. Complete and return (to the Holiday Inn-Center City, Philadelphia, PA) the enclosed hotel registration card. Room rates are:

| | | |
|---|--------|------|
| ◆ | Single | \$80 |
| ◆ | Double | \$88 |
| ◆ | Triple | \$92 |
| ◆ | Quad | \$96 |

All rooms are subject to 11% tax. Parking is available at the hotel at a conference rate of \$11 per day. Check in time is 3:00 and check-out is 12:00. Since the conference is not over until 12:00 on Friday, February 22, we have made arrangements with the hotel to store any baggage in one of the conference rooms. Depending upon hotel demand, there may be an extension to the check out time.

Please Note:

- ◆ **Registration fee is not refundable**
- ◆ **Seminar Selection is on a first come first serve basis**
- ◆ **For questions regarding preregistration, call HSRTC at (301) 985-7840**

REGION III COLLABORATIVE CONFERENCE

Head Start Families in Crisis: Tackling Substance Abuse

Holiday Inn--Center City
Philadelphia, PA
February 20 - 22, 1991

CONFERENCE-AT-A-GLANCE

| DATE | CONFERENCE ACTIVITY | SCHEDULE |
|--------------------------|--|---------------|
| February 20 Wednesday | Registration | 11:00 - 5:00 |
| | Pre-Conference Seminars | 1:00 - 5:00 |
| | Banquet/Keynote Address | 6:30 - 9:30 |
| February 21 Thursday | Continental Breakfast | 7:30 - 8:30 |
| | Opening Session | 8:30 - 10:00 |
| | Training Seminars | 10:30 - 12:00 |
| | Lunch (on own) | 12:00 - 1:30 |
| | Training Seminars | 1:30 - 3:00 |
| | General Session--Head Start and CDP | 3:30 - 5:00 |
| February 22 Friday | Continental Breakfast | 7:30 - 8:30 |
| | Showcase of Demonstration Projects | 8:30 - 10:00 |
| | Training Seminars | 10:30 - 12:00 |
| | Distribution of Conference Notebook and CEU Certificates | 12:00 - 1:00 |

Pre-Conference Activities

Wednesday, February 20, 1991

Meet Your Program Specialist 9:00 - 5:00

The perfect time to sit down with your Program Specialist and discuss questions, concerns and the latest ACYF regulations. **Call your program specialist to make an appointment.** A conference room at the Holiday Inn is available for your conference. Following is a list of those who will be available:

Program Specialist Supervisors--Paul Vicinanza and William Wilson

Program Specialists--Linell Lukesh, Verna Cox, Franklin Davis, Delores Fields, Rachel Holmes, Gail Lipton, Emery Tincani, Ann Schoonmaker, Burma Stokes, Lillian Sugarman, Jim Spearman, Dorothy Short, Karen Struedel, and Diane Kendall.

Advanced Financial Management 1:00 - 4:00

This session will focus on the Targeted Fiscal Review Guide used by staff of the Office of Fiscal Operations for on-site reviews of Head Start grantees. Targeted Fiscal Reviews are designed to improve grantee and delegate agency efficiency, identify and eliminate inappropriate charges to the Head Start program, increase grantee accountability, and upgrade the overall financial and administrative management of the program. Attendees will learn what to expect from an on-site fiscal review, and also how to use the Guide for purposes of self-assessment.

New Application Instructions 1:00 - 4:00

In March 1990, grantees were requested to comment on a Regional Office initiative to revise the application and refunding process. This session will provide the opportunity for completion of phase two, which requires grantee review and comment on the draft application instructions. A copy of the draft instructions will be mailed to Head Start Directors so that comments can be prepared in advance.

Education Coordinators' Meeting 2:00 - 4:00

The Region III Education Coordinators' Leadership Group has outlined a series of issues related to the expansion of Head Start. In addition, they have made recommendations for future expansion activities. The addition of new children and new staff has impacted on the delivery of education services. This session will provide an opportunity for all education coordinators that are attending the conference to review the materials and make any additional suggestions. Representatives from the National and Regional Office will be invited to attend. Session lead by representatives of the Education Coordinators' Leadership Group.

General Sessions

Keynote Address—Wednesday, February 20, 1991 6:30 - 9:00

Dr. Therman Evans is currently Vice President and Corporate Medical Director of the CIGNA Corporation. Dr. Evans joined CIGNA in 1979 as Assistant Medical Director, Insurance Medicine, Individual Financial Group. Prior to joining the company, he was a practicing physician at the East of the River Health Center in Washington, DC. Dr. Evans has lectured extensively and presented seminars on various health related topics including: managing stress, benefits of a wellness lifestyle, drugs in society, and health care in the African American Community. Educated at Howard University, Dr. Evans did residency training at George Washington University and Children's National Medical Center. He has been a visiting Regent's Scholar-Lecturer at the University of California.

Opening Session—Thursday, February 21, 1991 8:30 - 10:00

Dan Griffith, Ph.D. has been working with drug-exposed infants and their mothers for the past five years. Since April of 1986, he has participated in a longitudinal study concerning the developmental outcome of children exposed to cocaine prenatally. This study, funded by a grant from the National Institute on Drug Abuse, follows the progress of approximately 300 cocaine-exposed infants and children, the oldest 4 years of age. Dr. Griffith provides developmental assessments and interventions for the cocaine-exposed children and has developed early intervention strategies for promoting the development of healthy mother/child relationships between substance-abusing women and their children. Dr. Griffith is a Developmental Psychologist with the National Association for Perinatal Addiction Research and Education (NAPARE).

General Session—Thursday, February 21, 1991 3:30 - 5:00

One of the priority initiatives identified by the Head Start Bureau is substance abuse prevention and treatment. *Clennie Murphy*, Associate Commissioner, Head Start Bureau, and *Richard Spitzborg*, Regional Administrator, will address the issues facing Head Start programs and identify the National Office strategies.

General Session—Friday, February 22, 1991 8:30 - 10:00

Showcase of Demonstration Projects: This session will showcase substance abuse prevention projects funded by the Coordinated Discretionary Programs (CDP). These projects will highlight efforts to provide education and support using family-center models. Participants will have the opportunity to meet with other Head Start projects that will be shared practical information and implications for the delivery of services.

1-A The Play-Buddy Project: A Study of the Social Importance of Preschool Play

The Play-Buddy project is a research project supported by the Head Start Bureau which is designed to enhance the play resources of socially effective preschool children and use these resources to yield educative and therapeutic benefits for socially neglected and rejected children. Presenters will provide information on the rationale, project design, implementation, and evaluation of the project. *John W. Fantuzzo, Ph.D. and Howard Stevenson, Ph.D., Graduate School of Education, University of Pennsylvania*

1-B Effects of Perinatal Exposure on Child Development: Implications for Early Intervention

Since 1984, NAPARE has conducted a longitudinal study concerning the developmental outcome of children prenatally exposed to cocaine. This seminar will focus on the early intervention strategies for working with cocaine-exposed children and implications for early childhood classrooms. *Dan Griffith, Ph.D., NAPARE, Chicago, IL*

1-C Managing Your Stress for the Health of It

For parents and staff who work with children at risk, this presentation will provide an understanding of stress and its effects, the causes of stress in children, and practical ways to reduce stress levels. Early identification of stress in preschoolers will be addressed. *Jennie Trotter and Gloria Humphrey, Preschool Relief Project, Atlanta, GA*

1-D Children's Creative Response to Conflict: Skills for a Lifetime

Preschool is not too early to practice the skills needed to respond to life's inevitable problems and conflicts. Since 1972, CCRC programs have helped teachers and children learn attitudes and responses that are creative, constructive and caring to oneself and others. Join this workshop and actively participate in activities of cooperation, communication, self-esteem and conflict resolution. Limited to 20. *Marcia Abbo and Marsha Blakeway, CCRC Consultants, Washington, DC*

1-E Cocaine: Its Impact on Families and Children

The seminar will present the relationship between cocaine abuse and its effects on families and children. An overview of the various forms of cocaine and how cocaine is administered will be presented. Participants will learn about the continuum of abuse that children experience by dysfunctional parents and the future manifestations that result. Suggestions for intervention will be discussed. *Bruce Schaffer, Associate Director, Treatment Trends, Inc., Allentown, PA*

1-F How to Stay in Business With a Drug-Free Workplace

The Drug-Free Workplace Act of 1988 has very specific requirements for all organizations receiving federal grants and/or contracts of \$25,000 or more. This seminar is designed to provide an overview of the Act and how to comply with each aspect of the Act. Participants will gain a deeper understanding of the Act and their role in enforcing the drug-free workplace policy. *Robert Garrison, R.L. Garrison & Associates, Silver Spring, MD*

1-G Multi-Stressed Young Children and Their Families: Implications for Practice

This seminar will provide background information on the issues facing families and children (homelessness/substance abuse). An overview of developmental issues and the problems that face families and children will be provided. Taking into account these issues, implications for working with young children and their families will be addressed. *Janice Molner, Ph.D., Bank Street College of Education, New York, NY*

Session 2: Thursday, February 21, 1991

1:30 - 3:00

2-A Head Start and Community Partnerships: Maximizing Existing Community Resources

Serving the needs of disadvantaged, high-risk children and families is a very difficult and complex endeavor. Professionals from social service agencies, medical centers, and educational institutions often attempt to meet these needs through their own somewhat isolated services delivery systems. This seminar will focus on the development of interagency collaboration. *John Fantuzzo, Ph.D., Dr. Raymond Meyers, Ms. Rosemary Mazzatenta, and Dr. Mark Atkins, Philadelphia, PA*

2-B Preschool Stress Relief Project

Overview of an OSAP demonstration project designed to enable teachers to instruct high-risk preschoolers in developing positive coping skills for stress reduction in their lives. Goals for children are to develop positive self-concept and awareness of feelings, and appropriate ways of releasing anger. *Jennie Trotter and Gloria Humphrey, Preschool Relief Project, Atlanta, GA*

2-C Children's Creative Response to Conflict: Skills for a Lifetime--REPEAT

Preschool is not too early to practice the skills needed to respond to life's inevitable problems and conflicts. Since 1972, CCRC programs have helped teachers and children learn attitudes and responses that are creative, constructive and caring to oneself and others. Join this workshop and actively participate in activities of cooperation, communication, self-esteem and conflict resolution. Limited to 20. *Marcia Abbo and Marsha Blakeway, CCRC Consultants, Washington, DC*

2-D Children at Risk: A Prevention Model for working with Alcohol-Abusing Families

The risks associated with children coming from alcohol-abusive homes is often denied. This prevention model which will be shared takes into account a prenatal, preschool and family-oriented approach for dealing with our country's #1 problem--alcohol abuse. Participants will learn "how-to's" for implementing a "children-at-risk model." *Pete Gatski, Drug and Alcohol/Mental Health Consultant, Synergy Systems Group, Inc., Danville, PA*

2-E Teaching Strategies for Working with Young Children Pre-natally Exposed to Drugs and Alcohol

This seminar will present an overview of this innovative pilot program which addresses effective classroom planning and teaching strategies for preschool children prenatally exposed to drugs or alcohol. Contrasts typical development with behaviors of at-risk children in the areas of play, social/emotional development, motor development, and communication. *Carol Cole, Teacher, Los Angeles Unified School District, Division of Special Education, Los Angeles, CA*

2-F Fetal Alcohol Syndrome: Implications for Intervention

What is Fetal Alcohol Syndrome (FAS), how to recognize FAS, and a summary of the medical literature will be covered in this seminar. Participants will become aware of the issues for treatment for women and children and what intervention models are effective. *Kathy Woodward, M.D. Children's National Medical Center, Washington, DC*

2-G You're Special: I'm Glad You're In My Life: A Program for Parents at Risk

Learn the meaning and significance of "You're Special: I'm Glad You're in My Life." Listen to what parents told us about why they would and would not participate in the program and what it would to get them involved. Find out how to get a program like this off the ground, start it, and keep it going with minimum funding and maximum support from staff and the business community. *Peter Vaslow, Vaslow and Associates, Bethesda, MD*

Session 3: Friday, February 22, 1991

10:30 - 12:00

3-A Substance Abuse: Identifying and Reducing the Risk of Liability

Substance abuse has introduced new liability issues for Head Start programs. This seminar will focus on the identification of those areas of greatest risk and take participants through a "step-by-step" process to reduce Head Start liability. Presenter will use the "risk management" approach. *Robert Horowitz, American Bar Association, Center for Children and the Law, Washington, DC*

3-B National Head Start Association's Drug Prevention Curriculum for Head Start Children and Families

The National Head Start Association was awarded a substantial three-year contract by Office of Substance Abuse to design, implement and disseminate a drug prevention curriculum appropriate for Head Start children and families. The seminar will provide an overview of the curriculum. *Sylvia Carter, Parent Involvement Specialist, HSRTC, College Park, MD*

3-C Preschool Victims of Substance Abuse

Information on the effects of maternal substance abuse on fetal development and neonatal outcomes will be discussed. Characteristics of preschoolers exposed prenatally and/or environmental substance abuse in reference to temperaments, play activities and learning capabilities will be presented. Strategies for working with the children will be shared. *Janet Schultz, Prekindergarten Head Start, Philadelphia, PA*

3-D Giving Drug and Alcohol Exposed Children a Second Chance

Participants will learn strategies to help children cope with the impact of drug and alcohol exposure. Alternatives for involving parents in working with their children will be included. The physical, emotional, and intellectual needs of children are the foundations for the strategies. *Karen Banks, Ph.D., Early Childhood Consultant, Herndon, VA*

3-E Drugs in Perspective

Participants will learn the six categories of substances that have potential use, misuse and abuse. A review of programs for detox, treatment and extended care will be presented. Come to this session to hear about drugs from a street perspective. If you don't know about drugs this is the session to attend. *Domingos Lobo, Public Health Advisor, Office for Treatment Improvement, Alcohol, Drug Abuse & Mental Health Administration, Rockville, MD*

3-F Substance Abuse: How Does It Affect Head Start Programs? What Can We Do?

As the number of substance abusing parents increases, so do the problems of programs providing care to their children. How do we continue to provide services to families that are dysfunctional? Are children being punished for their parents' behavior? These are some of the questions participants will discuss and explore a variety of ideas that decrease the interruption of services to Head Start families. *Curtis Wadlington, Deputy Director Program Operations, BEBASHI, Philadelphia, PA*

3-G The Wisdom of Solomon: Cutting the Cord that Harms

The epidemic of drug-exposure among infants has come under increased judicial and legislative scrutiny. This seminar will focus on issues of punitive versus preventive actions of recent court cases and legislative actions. Foster care, reunification with the biological parent, and termination of parental rights will be discussed. *Kathleen DeBettencourt, Ph.D., Legal Services Corporation, Washington, DC*