





TOGETHER WE THRIVE

We want New Hampshire to be a community where everyone can thrive.

When a community can draw on the potential, strength, ingenuity and grace of every person it, that community will be healthier, happier, more prosperous and a better place to live for all.

The Charitable Foundation is proud to support the NH Children's Trust and the many organizations across the Granite State that are helping our children and families to thrive.

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SPONSOR BINGO

Many of our partners have resource tables in the main hallway where you checked in, and the Salon. We hope you'll visit these tables and learn about the inspiring work being done in our communities. Don't forget to ask each sponsor to stamp your bingo card. When your bingo card is full, return it to our registration table to be entered into a drawing to win one of three \$50 Amazon gift cards and other exciting prizes!



PROVIDER SURVEY

As a part of our Listening to Build Strong Families Initiative, we want to hear from you as a provider of support to children and families.

Your feedback will help us identify and prioritize areas where NHCT can offer support at both the local and state levels. Ultimately, our goal is to bring partners and families together to build a prevention ecosystem where all children and families can thrive.

Thank you for taking part in this important work for NH families.



AGENDA

8:00-8:45am Sign-in, Networking, & Continental Breakfast

8:45-9:00am Welcoming Remarks

9:00-10:00am Keynote

10:00-10:15am Lucy Fowlkes Breed Award & Dr. Robert Chamberlin Award Presented

10:15-10:30am Morning Break & Vendor Visits

10:30-12:00pm Session Block 1

12:00-1:00pm Lunch & Networking

1:00-1:45pm Plenary

1:45-2:00pm Afternoon Break

2:00-3:30pm Session Block 2

OBJECTIVES

- Explore the elements of a resilient community that support the development of strong families and safe, thriving children.
- 2. Identify key community and cross-sector partnership opportunities to develop strategies and approaches to cultivate supportive environments for children and families.
- **3.** Foster collaborative learning opportunities for attendees to share knowledge and experiences related to Strengthening Families Protective Factors.
- 4. Provide attendees with tangible strategies for promoting the Protective Factors and primary prevention strategies in their respective roles and communities.

Partnering to keep our communities on the path to health

Proud to support the 13th Annual NH Children's Trust

- Strengthening Families Summit







Dear Community Supporters!

Welcome to the New Hampshire Children's Trust 13th Annual Strengthening Families Summit: Powered by Hope, Strengthened by Prevention.

Grounded in the Strengthening Families Framework, the Summit brings together Granite State professionals, community members, and family leaders who share the vision of a New Hampshire where every child thrives, families are strong, and communities are safe, supportive, and resilient.

This year, we will deepen our understanding, strengthen our practices, and explore innovative strategies to build more resilient communities. Together, we recognize that creating safe and nurturing environments is not the work of one person or one system—it is a shared responsibility that requires collective commitment.

We are honored to welcome presenters from across New Hampshire and our keynote speaker, Claire Louge, Executive Director of Prevent Child Abuse Arizona, who will inspire us to reimagine prevention by shifting from surveillance to support.

Through shared learning, cross-sector collaboration, and community engagement, we will continue moving toward a New Hampshire where all families have what they need to succeed.

Thank you for joining us!

(Mistin Lachance

Christina Lachance President

NH Children's Trust





MORNING SESSIONS

Heads Up Youth Mental Health Awareness Series: Building Family Resilience

GRANITE BALLROOM | Presented by Amanda Littlefield, Behavioral Health Clinician - Dartmouth Health Children's, Hilary Stark, Lead Recovery Coach and Youth Program Coordinator – Archways, and Heidi Toursie, Children's Department Manager – NAMI NH. Moderated by: Hayley LaPoint, Certified Meteorologist - WMUR Resilience is a critical skill that enables children to adapt, persevere, and thrive in the face of challenges both big and small. This session will equip participants with knowledge and tools to better support parents in fostering resilience in their children. Participants will explore the essential attributes of resilience—such as adaptability, perseverance, and self-reliance—and why they are so important for children's healthy development. *Please note: this session does not qualify for NASW CEUs*.

Protective Factors: 1, 3, 5

Family Threads - An Evidence-based Program Integrating Family Strengthening & Support and Peer Recovery Support

PIERCE ROOM | Presented by Karen Welford - Consultant, Family Threads Program – Archways and Tania Rich - Family Threads Coordinator - Archways

Family Threads is an evidence-based program that combines the principles of Family Strengthening and Support with Peer Recovery Support to help families affected by problematic alcohol or substance use. This session will explore the program and how it is designed for families with children under 18 who are committed to strengthening their family relationships while working toward recovery goals.

Protective Factors: 1, 2, 3, 4, 5

Strengthening Community Connections: The Role of Police Social Work in New Hampshire

MERRIMACK ROOM | Presented by Brooke Murphy, Police Social Worker - Portsmouth Police Department, Nicole Petrin, Police Social Worker - Concord Police Department, Kaitlin Jones, Social Work Unit Supervisor - Dover Police Department, Leah Elliott, Police Social Worker - Nashua Police Department, and Dr. Katie Godshall, Assistant Clinical Professor - University of New Hampshire.

Police Social Work was first introduced in New Hampshire in 2022 and has steadily grown as a vital component of community safety and support across the state. To date, six municipalities have integrated Police Social Work into their departments, with the goal of connecting individuals and families to appropriate resources while easing the burden on first responders for non-urgent matters. This session will highlight the evolution of Police Social Work in New Hampshire, explore the various approaches departments are taking to integrate social workers, and showcase examples of collaboration with community organizations to better meet the needs of individuals and families. *Please note: this session does not qualify for CEUs*.

Protective Factors: 2, 3

From the Ground Up: Using Frontline Experience to Drive Policy Change

CONCORD ROOM | Presented by Megan Brabec, MPA – NH State Manager – Save the Children Action Network. Professionals who work directly with families and youth hold vital insights that can shape smarter, more responsive public policy. This interactive session will equip attendees to turn their frontline experience into powerful advocacy by learning how to frame their work-based stories, connect them to policy solutions, and confidently engage with lawmakers. Participants will practice the elements of an effective policy meeting and leave with tools to advocate for changes that strengthen families and promote Protective Factors in their communities. *Please note: this session does not qualify for NASW CEUs*.

Protective Factors: 2, 4

One Trusted Adult: It's Our Mission – Equipping Families and Caregivers to Build Strong Relationships and Resilient Communities

WEBSTER ROOM | Presented by Beth Corkum - Implementation Coach - One Trusted Adult. This session offers a proactive approach to parenting by focusing on young people's greatest protective factor: strong relationships with parents and a team of trusted adults. Participants will learn shared language, strategies, and best practices to support children's growth and resilience.

Protective Factors: 1, 2, 5



AFTERNOON SESSIONS

Considering Yourself a "Mandated Supporter"

PIERCE ROOM | Presented by Claire Louge – Executive Director – Prevent Child Abuse Arizona You are a mandated reporter, but could you consider yourself a mandated supporter, too? In this session, professionals who work with families and children will examine how they can protect children from adversity by examining their own assumptions and connecting families to what they need, when they need it.

Protective Factors: 2, 3, 5

Eyes on Early Response: The ACERT Model for Cross-Sector Support After Childhood Trauma

WEBSTER ROOM | Presented by Elizabeth DiLuzio – Lead Evaluator - Behavioral Health Improvement Institute at Keene State College and Caitlyn Kearney-Finn - ACERT Community Program Specialist - Amoskeag Health. This session introduces attendees to the Adverse Childhood Experiences Response Team (ACERT), a cross-sector model that offers coordinated, trauma-informed support to children and families in the immediate aftermath of a crisis. Founded on the principle that early intervention can prevent long-term harm, ACERT brings together police, community mental health professionals, and family service providers to ensure families receive timely, compassionate outreach when they need it most.

Protective Factors: 1, 2, 4

Talking About Disability: Nurturing Belonging and Connection in Children, Families, and Communities

CONCORD ROOM | Presented by Louis Esposito – Executive Director – ABLE NH

This session provides practical strategies for parents, educators, and family advocates to talk with children about disability in ways that foster empathy, belonging, and respect. Drawing from research on child development and education, participants will learn conversation tools and activities that help children view disability as part of the human experience, strengthen family resilience, and build supportive communities.

Protective Factors: 3, 4, 5

Why Child Care is So Expensive and Why It's Worth the Investment for New Hampshire Families, Businesses, and the Granite State Economy

MERRIMACK ROOM | Presented by Nicole Heller - Senior Policy Analyst – NH Fiscal Policy Institute This session will examine the high costs of child care to families, low earnings for early childhood educators and providers, and the negative economic impacts the child care shortage may be having on the Granite State Economy. This interactive session will include audience discussion and examine the role high-quality early childhood care and education plays within the context of healthy childhood development. *Please note: this session does not qualify for NASW CEUs*.

Protective Factors: 2, 5

Maternal Mental Health - Supporting the Whole Family

GRANITE BALLROOM | Presented by Heather Martin - Maternal Mental Health Navigator – Dartmouth Health Children's.

Maternal mental health plays a critical role in the well-being of children, partners, and the entire family system. When a mother struggles, it can affect bonding, child development, and family dynamics — yet too often these challenges go unrecognized or unsupported. This session will explore the signs and symptoms of maternal mental health concerns, and will provide practical guidance on how families and professionals can respond with compassion and care. Participants will gain tools to support parents in seeking help, strategies to strengthen resilience during pregnancy and postpartum, and a deeper understanding of how nurturing maternal mental health ultimately strengthens the whole family.

Protective Factors: 1, 2, 3, 4, 5



The Five Protective Factors at the foundation of Strengthening Families are characteristics that have been shown to make positive outcomes more likely for young children and their families, and to reduce the likelihood of child abuse and neglect. Each Session provided at the Summit addresses one or more of these protective factors. Please see below:

1. Parental Resilience • 2. Social Connections • 3. Concrete Support in Times of Need

4. Knowledge of Child Development • 5. Social and Emotional Competence of Children

Meet Our EVENT HOST

Hayley LaPoint WMUR Meteorologist



Visit WMUR.com to learn more about Hayley!

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GOOD TO KNOW

Networking

With over 300 attendees from various communities and sectors throughout the state, we encourage you to take time during registration, breaks, and lunch to get to know your colleagues and the important work they're doing for the Primary Prevention Ecosystem!

CEUs

This program has been approved for 4.5 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CE #4135. Applications for qualification for Continuing Education Units have been submitted to the Family Mediator and Guardian Ad Litem Board. For more information about what sessions qualify visit: www.nhchildrenstrust.org/strengthening-families-summit

After the Summit, you will receive a link for our conference evaluation survey. After you fill it out, you will receive your training certificate with information about the CEUs you received.

Conference Evaluation Survey

This year's conference evaluation will be done online. After the Summit, we will email you a link to a survey. This will include an evaluation of the workshops you attended and some questions about the conference overall. Your feedback is important to us and we hope you'll take a few minutes to fill out the survey.

After filling out the evaluation survey, you will:

- Receive your Certificate of Attendance
- Receive a link to download presenter materials

Sessions

This conference has informative sessions scheduled in the morning and in the afternoon.

Strengthening Families™

This conference is centered around the Strengthening Families Protective Factors Framework. Parents have an important role in advocating for their children and improving their communities, and professionals who work with children and families can help parents be their best by promoting the development of these five protective factors:

- Parental Resilience: "I will continue to have courage during stress or after a crisis."
- Concrete Support in Times of Need: "My family has access to basic needs."
- Social Connections: "I have friendships with people who support me and my parenting."
- Knowledge of Parenting and Child Development:
 "I know what my child needs as she grows and develops."
- Social and Emotional Competence of Children:
 "My child feels loved, has a sense of belonging, and can get along with others."

Questions?

Stop by the NH Children's Trust table if you have any questions throughout the day.

Someone will be there at all times!











Division of Public Health

Family and Community Health offers programs and services that support New Hampshire families, including:

- Parenting and family support programs, led by trained specialists
- Developmental screenings
- Home visiting programs
- Help for families navigating DHHS assistance programs, such as housing, food, early childhood, and education supports



For more information, visit www.dhhs.nh.gov/fch









Serving Maine and New Hampshire





NFI North is your complete resource for mental and behavioral health care services that support children, adults, seniors, and families across Maine and New Hampshire.

At NFI North, we believe in the power of connection that creates a sense of belonging. NFI North's network of care includes individual and family counseling, therapeutic services, residential housing, transitional housing, academic programs and other support services designed to empower everyone we serve to reach their full potential.

People We Serve

- Children
- Teens
- Adults
- Families

Our Professional

Partners

- · Case Managers
- Mental Health Providers
- Behavioral Specialists
- · Family Counselors
- · Academic Leaders
- · Healthcare Providers

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We Help Students:

Find Their Direction

Our team of experts helps students discover and plan their postsecondary paths – whether that includes higher education, career, or both. We offer free career and higher-education counseling and resources.



Fund Their Future

We support families in navigating the financial aid and college funding process from start to finish. Our resources and services include financial aid webinars, one-on-one appointments, the Granite Edvance Scholarship, and our private student loan products.





Claire Louge is the Executive Director of Prevent Child Abuse Arizona, a statewide nonprofit dedicated to protecting children by strengthening families, and a chapter of Prevent Child Abuse America.

Arizona™

Claire received her Bachelor's from Cornell University and her Masters of Education from Northern Arizona University. Claire is a part of Arizona's Thriving Families Safer Children initiative, which focuses on addressing disparities in the child protection system. She also serves on the Arizona Governor's Council on Child Safety and Family Empowerment.

Claire co-authored Flourishing Families, an activity-based curriculum designed for professionals to teach families to build protective strengths in their lives. She is a Flinn Brown Fellow, a graduate of the American Express Nonprofit Leadership Academy, a Leading for Change Fellow, and an AmeriCorps VISTA alum. In a volunteer capacity, Claire has organized theatrical role play adventure events for teens in partnership with youth-serving organizations. She is a mom of a three-year-old daughter named Kira, an escape room enthusiast, and loves shopping at thrift stores.

Claire will be delivering our Keynote at 9am, and at the 2pm Afternoon Session, will be presenting "Considering yourself a Mandated Supporter". In this Session, professionals who work with families and children will examine how they can protect children from adversity by examining their own assumptions and connecting families to what they need, when they need it. *To learn more visit pcaaz.org*



Claire presenting at
Prevent Child Abuse Arizona's
CAP Confrence 2023



Eastern Bank is committed to recognizing the good in our communities and celebrating the work of the **NEW HAMPSHIRE CHILDREN'S TRUST**

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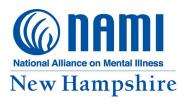
New Hampshire Chapter













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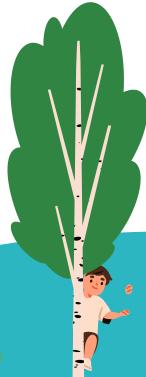




Manchester, NH



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Special Thanky to



FREE RESOURCES



We know that strengthening families through resilience, parenting education, basic supports, and knowledge of children's social and emotional development drastically reduces the occurrence of child abuse and neglect. We call that PRIMARY PREVENTION, and promoting Protective Factors, like those above, is what makes it work. **Learn more at www.nhchildrenstrust.org/prevention**



A program of New Hampshire Children's Trust, FSNH works to strengthen Granite State families through a coordinated approach to caregiver support and education, advocacy, and child & youth programming so all NH children can thrive.

Learn more at www.fsnh.org



Concrete Supports in Times of Need ensure families have access to essentials like food, housing, health care, and child care—especially during stressful or challenging times. By connecting caregivers with these vital resources, we reduce pressure on families, promote resilience, and help children grow up in safe, stable, and nurturing environments.

Learn more at www.nhchildrenstrust.org/concrete-supports



AmeriHealth Caritas New Hampshire proudly supports the New Hampshire Children's Trust

We salute the New Hampshire Children's Trust for supporting children and families in the Granite State with programs, resources, and services that nurture a safe and stable environment.

Please visit **amerihealthcaritasnh.com** to see how we keep care at the heart of our work.



amerihealthcaritasnh.com

Congratulations to our Awardees

Lucy Fowlkes Breed Awardee

Sylvia Pelletier

The Lucy Fowlkes Breed Award recognizes an individual who has dedicated their time and efforts to strengthening families and communities across New Hampshire through volunteer work. An awardee will have volunteered in direct service at a New Hampshire organization that serves children or families within the past two years. Named after Lucy Fowlkes Breed, a founding trustee on the Board of NH Children's Trust and founder and volunteer facilitator of the "New Moms" group at the Children's Place and Parent Education Center in Concord.

Sylvia has been supporting NH families coping with childhood cancer for over 20 years as a volunteer and founding member of the Childhood Cancer Lifeline of New Hampshire. As a parent of children diagnosed with pediatric cancer, she leveraged her lived experience to create an organization that addresses the practical and emotional support needs of other families. In addition to her volunteer work, Sylvia serves professionally as the Director of NH Family Voices, where she has been a steadfast advocate for families of children with disabilities and special healthcare needs. Her compassion, leadership, and dedication embody the very spirit of the Lucy Fowlkes Breed Award.



Lucy Fowlkes Breed pictured left.



A program of NH Children's Trust

Strengthening Granite State families through a coordinated approach to caregiver support and education, advocacy, and child & youth programming so all NH children can thrive.

Learn more at www.fsnh.org



Congratulations to our Awardees

Dr. Robert Chamberlin **Awardee**

Rebecca Woitkowski. Esq

The Dr. Robert Chamberlin Award recognizes an individual's outstanding work, vision, passion, dedication, and leadership in support of the children and families of NH. An awardee must have made a statewide impact on children and families through advocacy, direct care, policy, or funding, and have at least ten years of service to children and families in NH. Named after Dr. Robert Chamberlin, a public health pediatrician and longtime advocate for children, families, and the importance of prevention programming.

on ensuring every child grows up safe, healthy, and supported. As Child and Family Policy Director at New Futures, she has secured millions in state and federal investments for child care, expanded Medicaid to include vital family supports, and built coalitions to strengthen resource centers, full-day kindergarten, lead screening, and nutrition programs. Through leadership roles on state councils and coalitions, Rebecca has amplified family voices and advanced prevention-focused systems change that will benefit New Hampshire's children for generations.



Dr. Robert Chamberlin pictured right.



new**futures**)

New Futures advocates for state policies that give NH children what they need to thrive now and in the future:

-))) Quality, affordable child care
- Access to early education opportunities
- Supports for maternity and postpartum care
- >>> Programs that support and strengthen families
- Home visiting and nutrition assistance programs

new-futures.org











NEW NAME, NEW LOGO SAME COMMITMENT!

Southern New Hampshire Services (SNHS) is now doing business as

Community Action Partnership Hillsborough and Rockingham Counties



PROGRAMS & SERVICES

WORKFORCE TRAINING

Employment Training & Assistance Skill building & on-the-job training

CHILD DEVELOPMENT

Head Start

Early Head Start Center & Home Based programs for ages birth to 3 years

ENERGY ASSISTANCE

Fuel & Electric Assistance

FOOD & NUTRITION

Emergency Food Assistance (TEFAP) Available through Food Pantry Sites across Hillsborough & Rockingham Counties

Women, Infants & Children (WIC) Education, nutrition & support for pregnant women, new mothers, infants and toddlers









Learn more and show your support at: nhchildrenstrust.org/ride-for-resilience



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NH Children's Trust



We support our young members with integrated programs focused on improving the lives of youth in our community, one child at a time.

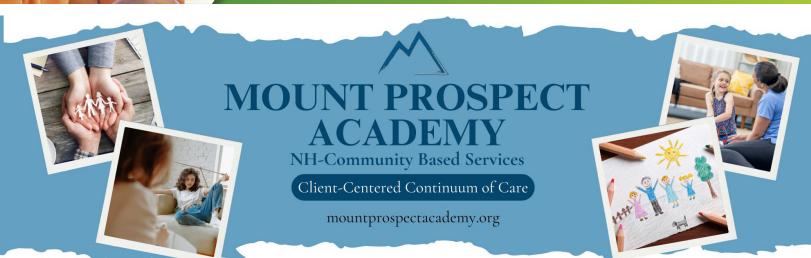


- Medicaid
- Ambetter (Health Insurance Marketplace)

nh healthy families...

NHhealthyfamilies.com 1-866-769-3085 TDD/TTY 1-855-742-0123

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We are proud to support organizations that share our mission to help children live their happiest, healthiest lives.

childrens.dartmouth-health.org





SUMMIT MAP

