

14th Annual
Strengthening Families Summit

Bringing it Home: Centering Families, Strengthening Communities

November 3rd

2026

Grappone Conference Center, Concord, NH



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TABLE OF CONTENTS

Page 5 Agenda & Summit Objectives

Page 6 A Letter from NHCT's President

Page 7 Meet Keynote Tym Rourke

Page 9 Morning Sessions

Page 10 Afternoon Sessions

Page 12 Good to Know

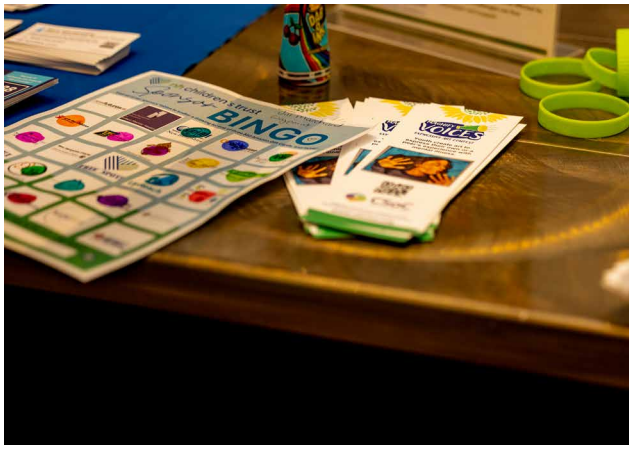
Page 13 Lucy Fowlkes Breed Award

Page 17 Dr. Robert Chamberlin Award



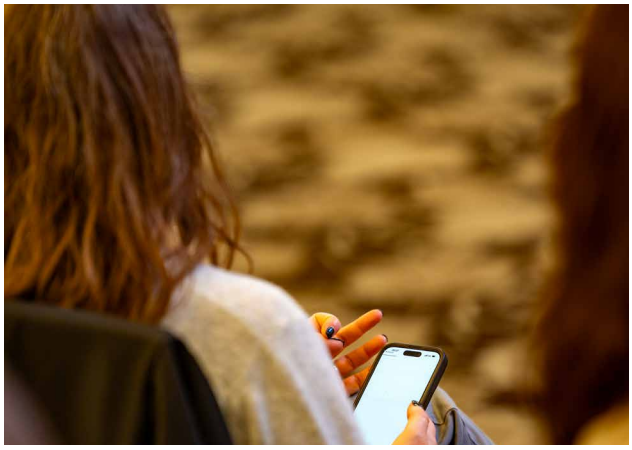
SPONSOR BINGO

Many of our partners have resource tables in the main hallway where you checked in, and the Ballroom. 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 some Visa gift cards!



SOCIAL MEDIA

Sample social posts for you to use for your favorite social media channels! Be sure to tag New Hampshire Children's Trust in your post!



SCAN HERE

to see our sample social posts for you to use. Use a photo to help with engagement!

AGENDA

8:00-8:45am	Sign-in, Networking, & Continental Breakfast
8:45-9:00am	Welcoming Remarks - *Granite Ballroom*
9:00-10:00am	Keynote from Tym Rourke - *Granite Ballroom*
10:00-10:15am	Morning Break & Vendor Visits
10:15-11:30am	Session Block 1 (See Page 9)
11:30-12:30pm	Lunch & Networking
12:30-1:00pm	Awards Ceremony - *Granite Ballroom*
1:00-2:00pm	Plenary Session: Caregiver Panel - *Granite Ballroom*
2:00-2:15pm	Afternoon Break
2:15-3:30pm	Session Block 2 (See Page 10)

OBJECTIVES

1. Identify practical approaches to help NH families thrive, strengthen relationships, & promote the well-being of Granite State children.
2. Explore strategies that support NH children and families across the full range of needs, including basic supports, caregiver engagement, and early childhood well-being in communities across the state.
3. Elevate NH family voice & lived experience by creating opportunities for NH caregiver leadership, shared learning, & collaboration with a broad network of stakeholders committed to supporting children & families across the state.
4. Foster cross-sector collaboration to strengthen connections among New Hampshire families, service providers, health providers, educators, and community leaders — enhancing coordinated, community-driven responses to the unique needs of families in our state.

Partnering to keep our communities on the path to health

Proud to support the 14th Annual Strengthening Families Summit

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Dear Community Supporters!

Welcome to the New Hampshire Children's Trust 14th Annual Strengthening Families Summit: *Bringing it Home: Centering Families, Strengthening Communities*.

Grounded in the Strengthening Families Framework, the Summit brings together Granite Staters 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 focus on practical strategies to strengthen families and support children's well-being, elevating caregiver voices and leadership, and building collaboration across sectors to support families throughout New Hampshire.

We are honored to welcome presenters from across the Granite State and our keynote speaker, Tym Rourke, a New Hampshire dad and national behavioral health strategist. With more than 25 years of leadership in prevention, behavioral health, philanthropy, and community change, Tym will reflect on how communities can stand beside families when life changes without warning, reminding us that resilience is not something families should have to build alone.

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!

Christina Lachance

Christina Lachance
President
NH Children's Trust



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meet our Keynote
TYM ROURKE, MA

THIRD HORIZON

Tym Rourke, MA, Managing Director, Advisory Services at Third Horizon.

Tym is a national consultant and strategist focused on behavioral health policy, systems transformation, and expanding access to care. As Managing Director of Advisory Services at Third Horizon, he leads consulting engagements for nonprofits, foundations, and government agencies working to strengthen behavioral health and community health systems.

Rourke has more than 25 years of experience in health and social systems leadership across nonprofit, philanthropic, and public sectors. Since joining Third Horizon, he has led initiatives including a statewide analysis of substance use disorder financing in New Hampshire, helped launch a national collaborative advancing telehealth access, and facilitated development of Oregon's statewide plan to address substance use disorders in partnership with the Oregon Alcohol and Drug Policy Commission. Previously, he held leadership roles with the New Hampshire Charitable Foundation and a number of youth and family oriented nonprofits.

Tym will deliver a powerful keynote exploring what it means to strengthen families when life changes without warning. Drawing on his personal experience as a father whose young son faced and survived a life-threatening illness, along with more than 25 years of leadership in prevention, behavioral health, philanthropy, and community change, Tym will reflect on the relationships, resources, and collective action that help families navigate adversity. His remarks will remind us that resilience is not something families should have to build alone—it grows when communities listen, respond, and stand beside them. Tym is a father of two, and lives with his family in Bedford, New Hampshire.

To learn more visit thirdhorizon.com

GOOD PROTECTS

Eastern Bank is committed to recognizing the good in our communities and celebrating the work of the
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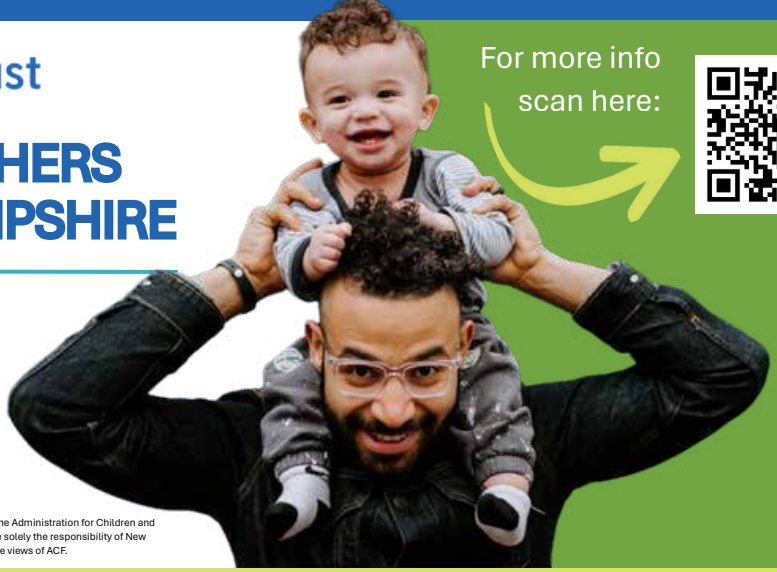
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EMPOWERING FATHERS ACROSS NEW HAMPSHIRE

Calling all dads and father figures! Empowering Fathers Across New Hampshire is a FREE program built to help you grow as a parent and connect with other dads who get it.

This program is supported by Grant 90ZJ0076 from the Office of Family Assistance (OFA) within the Administration for Children and Families (ACF), a division of the U.S. Department of Health and Human Services. Its contents are solely the responsibility of New Hampshire Children's Trust and The Family Resource Center and do not necessarily represent the views of ACF.



For more info scan here:

PROGRAM PERKS

- Meals at in-person group sessions
- Up to $200 in gift cards
- Gas Cards (as needed)
- Childcare Stipends
- Access to family supports (diapers, wipes, and more)



newfutures
SOLVING PROBLEMS THROUGH POLICY CHANGE

new-futures.org

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

SCAN TO LEARN MORE



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MORNING SESSIONS

Father-Responsive Practice in New Hampshire: Building Programs That Engage, Support, and Retain Fathers

WEBSTER ROOM | *Presented by Richard Feistman, Ph.D., Executive Director - Granite Hearth*

This session will explore why fatherhood programming matters for child and family well-being, how father-friendly practice connects to strengthening families and child abuse prevention, and what organizations can do to better engage fathers in their existing services. Participants will review the current need for fatherhood supports in New Hampshire, discuss common barriers to father participation, and identify practical strategies for recruitment, retention, case management, and partner collaboration. The session will also draw on lessons from the Empowering Fathers Across New Hampshire initiative as an emerging statewide model for father engagement, family stability, and continuous improvement.

Protective Factors: 1, 2, 3

Building Bridges: Leveraging Community Partnerships to Support Students and Families Through McKinney-Vento

GRANITE BALLROOM | *Presented by Erin Cayer, M.S.Ed, Coordinator of Early Supports, Family Engagement and District Homeless Director – Concord School District; Taylor Hurteau, MEd, School Social Worker at Concord High School, Concord School District; Stacey Lazzar, MA, Home-School Liaison at Christa McAuliffe School, Concord School District; Haily Lincoln, MSW, School Social Worker at Rundlett Middle School, Concord School District*

This session will highlight how Concord School District has built a collaborative network of support for students and families experiencing homelessness through McKinney-Vento, family engagement, and community partnerships. Participants will learn practical strategies for working with social workers, Home-to-School Liaisons, food and diaper pantries, and local organizations to remove barriers, strengthen family connections, and improve access to educational opportunities and essential resources.

Protective Factors: 2, 3

KNOW & TELL®: INFORM - Understanding the Reporting Process

PIERCE ROOM | *Presented by Stephanie Arroyo, M.S., KNOW & TELL Education & Advancement Director - Granite State Children's Alliance*; *and Kelsey Moore, Program Specialist - NH DCYF*

Know & Tell is a nationally expanding educational initiative of the Granite State Children's Alliance that empowers adults to take an active role in protecting children. By providing practical training to help recognize the signs of child abuse and understand how to report them, KNOW & TELL strengthens the safety net around our most vulnerable population.

Protective Factors: 2

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. To learn more about the protective factors from our partners at the Children's Trust Fund Alliance, scan the QR Code.

1. Parental Resilience • 2. Social Connections • 3. Concrete Support in Times of Need
4. Knowledge of Parenting & Child Development • 5. Social and Emotional Competence of Children

AFTERNOON SESSIONS

Period of PURPLE Crying: Turning Infant Crying Education into Prevention

WEBSTER ROOM | *Presented by Ryan B. Mahoney, M.Ed., Training Specialist – NH Children's Trust*

The Period of PURPLE Crying is an evidence-informed abusive head trauma prevention program that helps parents and caregivers understand normal early infant crying, recognize why crying can become so frustrating, and learn safe responses before stress reaches a breaking point. This session will introduce the research foundation behind the program, including the connection between early increased crying and shaking events; review the core PURPLE messages families need to hear, including soothing, coping, safe breaks, and sharing information with all caregivers; and explore how New Hampshire providers and community partners can support consistent, fidelity-based implementation through education, materials, reinforcement, and public awareness. Participants will leave with a clearer understanding of how PURPLE fits within child abuse prevention, protective factors, caregiver engagement, and practical family support across New Hampshire.

Protective Factors: 1, 4

HOPE in Action

GRANITE BALLROOM | *Presented by Sarah Fox, JD M.Ed., Executive Director – NH Alliance of Early Childhood Coalitions; Patrice Baker, M.Ed., Interventionist – HOPE Facilitator and Author – Hampton School District*

This workshop will share how the HOPE (Healthy Outcomes from Positive Experiences) Framework moves beyond the research and will share concrete, actionable ways to support and promote child and family well-being. Participants will have opportunities to reflect about how the Building Blocks of the HOPE Framework show up in their families, work, and communities and where they can highlight HOPE in Action.

Protective Factors: 1, 2, 5

Understanding the Role of the Child Advocacy Center

PIERCE ROOM | *Presented by Amy-Lynn Sullivan, M.S., Manager/Forensic Interviewer - Granite State Children's Alliance; Nicole Ledoux, M.J.C., Chief Program Officer - Granite State Children's Alliance*

This session will help the audience understand the role and responsibilities of the Child Advocacy Center in cases of child abuse and neglect.

Protective Factors: 2, 3







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Melanie Plenda

The State We're In - Host



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GOOD TO KNOW

Networking

With attendees from various communities and sectors throughout the state present, 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!

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

Questions?

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

Someone will be there at all times!

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 speaking up 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."




Mount Prospect
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Our continuum of care model offers support to children and families of all ages
with offices in Plymouth, Rochester and Manchester, NH

Congratulations to our Awardee

Lucy Fowlkes Breed Awardee

Heather Lefoll

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.

As Board Chair of the Women of the Mountains Birth Initiative (WOMB Initiative), Heather has given countless hours supporting the organization's mission of enriching and empowering women through information, resources, and community.

She's also hands on through the Nursing Nook and the Doula Collective, offering breastfeeding support and peer resources to pregnant and parenting families across northern New Hampshire. A trusted mentor and connector, Heather makes sure families feel welcomed every step of the way, carrying forward the same spirit Lucy Fowlkes Breed brought to founding the "New Moms" group.



Lucy Fowlkes Breed pictured left.

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Learn more about our new center at **earlylearningcenternh.org**.

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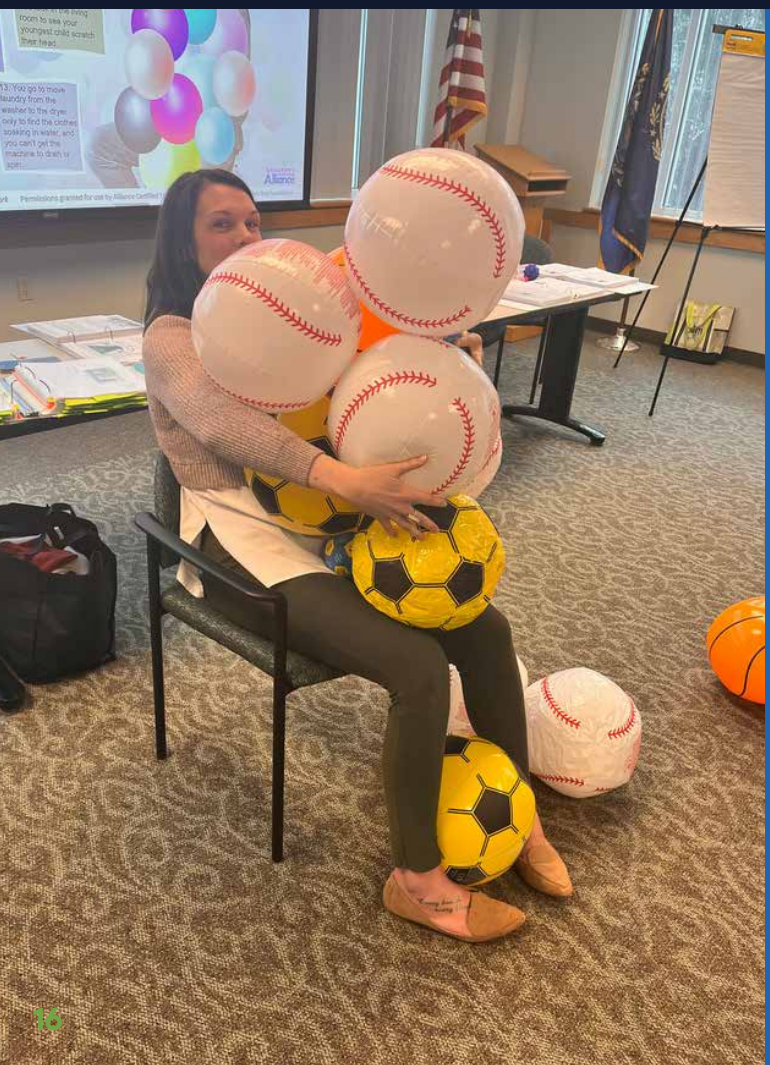
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Congratulations to our Awardee



Dr. Robert Chamberlin pictured right.

Dr. Robert Chamberlin Awardee

Stephanie Lesperance

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 leadership, 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 champion for children, families, and the importance of prevention programming.

For nearly 30 years, Stephanie has built statewide systems of support for children and families, from her early days as an AmeriCorps reading tutor to leading family engagement work at the Education Alliance for NH.

Through GEAR UP grants and New Hampshire's first Statewide Family Engagement Center Grant, she brought family support to communities from Berlin to Manchester, including free One Trusted Adult training for staff and paraprofessionals statewide. When federal funding cuts closed the Education Alliance, Stephanie fought to keep key programs alive, including the Dolly Parton's Imagination Library in Coos County.





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- **Home visiting programs**
- **Developmental screenings**
- **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**

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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.

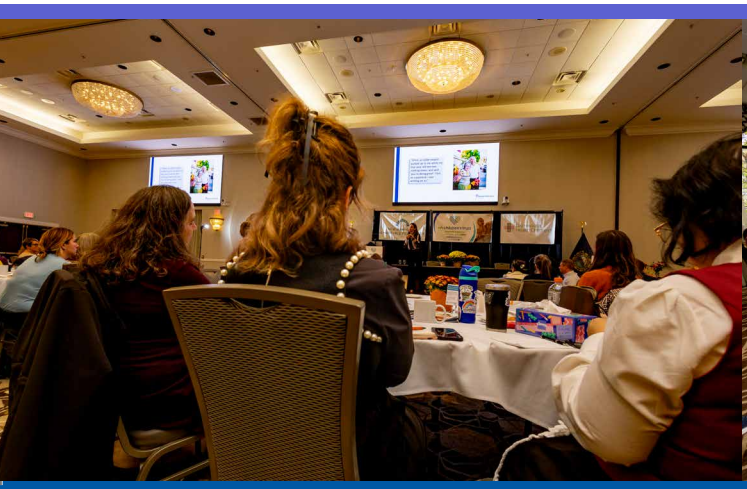
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- Behavioral Specialists
- Family Counselors
- Academic Leaders
- Healthcare Providers

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proudly supports the 14th Annual Strengthening Families Summit

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.

To see how we keep care at the heart of our work, and serve NH's Medicaid population, please visit **amerihealthcaritasnh.com**.

AmeriHealth Caritas New Hampshire

amerihealthcaritasnh.com



New Hampshire Kids Need YOU!

Have you ever considered becoming a foster parent? We need you! If you would like to learn more about opening your heart and home to children in need, we would love to connect with you and talk about the ways you can make a difference in the lives of New Hampshire children.

To Learn More, Visit:

www.dhhs.nh.gov/fostercare



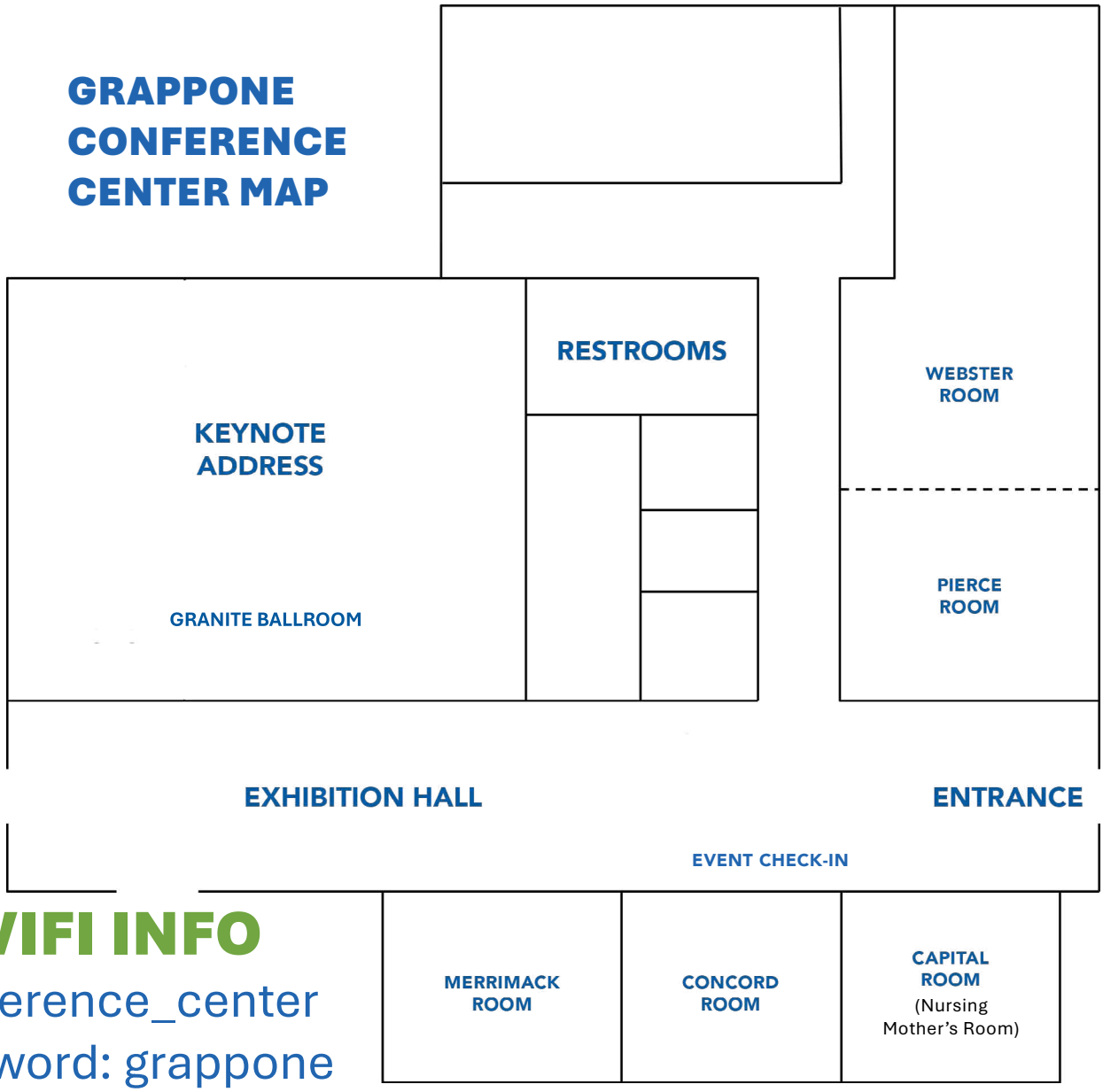
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SUMMIT MAP

GRAPPONE CONFERENCE CENTER MAP



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