



Session 1A: Heads Up Youth Mental Health Awareness Series: Building Family Resilience

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

Presenter/s: Amanda Littlefield, Behavioral Health Clinician - Dartmouth Health Children's. Hilary Stark, Lead Recovery Coach and Youth Program Coordinator - Archways. Heidi Toursie, Children's Department Manager - NAMI NH.

Moderated by: Hayley LaPoint, Certified Meteorologist - WMUR.

Session 1B: Family Threads - An Evidence-based Program Integrating Family Strengthening & Support and Peer Recovery Support

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.

Presenter/s: Karen Welford, MSPA - Consultant, Family Threads Program - Archways. Tania Rich, CRSW - Family Threads Coordinator - Archways

Session 1C: Strengthening Community Connections: The Role of Police Social Work in 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.

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Presenter/s: 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.

Session 1D: From the Ground Up: Using Frontline Experience to Drive Policy Change

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

Presenter/s: Megan Brabec, MPA - NH State Manager - Save the Children Action Network.

Session 1E: One Trusted Adult: It's Our Mission - Equipping Families and Caregivers to Build Strong Relationships and Resilient Communities

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.

Presenter/s: Beth Corkum, MEd - Implementation Coach - One Trusted Adult.



Session 2A: Considering Yourself a "Mandated Supporter"

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.

Presenter/s: Claire Louge, MEd – Executive Director – Prevent Child Abuse Arizona.

Session 2B: Eyes on Early Response: The ACERT Model for Cross-Sector Support After Childhood Trauma

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.

Presenter/s: Elizabeth DiLuzio, PhD(c), MPH, MSW – Lead Evaluator - Behavioral Health Improvement Institute at Keene State College. Caitlyn Kearney-Finn, MPH - ACERT Community Program Specialist - Amoskeag Health.

Session 2C: Talking About Disability: Nurturing Belonging and Connection in Children, Families, and Communities

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.

Presenter/s: Louis Esposito, Ed. D – Executive Director – ABLE NH.

Session 2D: Why Child Care is So Expensive and Why It's Worth the Investment for New Hampshire Families, Businesses, and the Granite State Economy

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

Presenter/s: Nicole Heller, PhD, Senior Policy Analyst – NH Fiscal Policy Institute

Session 2E: Maternal Mental Health - Supporting the Whole Family

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.

Presenter/s: Heather Martin, RMA, PMH-C - Maternal Mental Health Navigator – Dartmouth Health Children's.