

# Growing Healthy Minds Symposium

## Seeds of Hope



Cultivating Positive Experiences that Help Young Children Thrive



May 1st, 2025 8:30am-5:00pm

at The Historic Crestmore Manor

4600 Crestmore Rd, Jurupa Valley, CA 92509



**Dr. Kristie Brandt , NP, APRN, CNM, MS, DNP**

Keynote Speaker

**“Supporting Children and Their Families:  
Helping & Healing with Neuroscience as our Guide”**

Dr. Kristie Brandt is an internationally known teacher, clinician, and consultant, specializing in infant and early childhood mental health, trauma, reflective supervision, and Touchpoints. She is also an Assistant Clinical Professor of Pediatrics VCP at the University of California Davis School of Medicine.



**HOPE**  
HEALTHY OUTCOMES  
FROM POSITIVE EXPERIENCES

**Aisha Pope, MSW, LCSW & LaTysa Flowers-Jackson, BA, FSS, CPDPE**

**“The Other Side of ACEs – How The Building Blocks of HOPE Promote Positive Childhood Experiences”**

Healthy Outcomes from Positive Experiences - HOPE Faculty Trainers and HOPE Champions

**Register to attend [HERE](#)  
Request to host a resource table [HERE](#)**

Training is at no cost to all registrants and funded by: First 5 Riverside.  
Priority to Riverside 0-5 Champions. Continuing Education Credits: This course meets the qualifications for 6 continuing education units/credits/hours.

This is an ADA compliant course. If you need a reasonable accommodation/alternative format for this training event, please contact Diana DaSilva at (951) 955-9175 or dcdasilva@ruhealth.org at least fourteen days (14) prior to the course date.



**Course Descriptions: Keynote: Supporting Children and Their Families: Helping & Healing with Neuroscience as our Guide: Dr. Kristie Brandt, NP, APRN, CNM, MS, DNP**

This session will open with an overview of the core concepts related to typical child development including neurobiological, relational, regulation, attachment, and developmental sequences. The dynamic interplay of a child's chronological, developmental, and functional age will be explored, along with neurobiological changes related to the stress response systems that impact a child's functional age, health, well-being, learning and healing. Building on these core foundations, Dr. Bruce Perry's concepts of neurobiologically respectful, developmentally guided, and trauma informed therapy will be processed both conceptually and clinically. The global idea of "Therapy" will be discussed, along with age-appropriate therapeutic approaches and the reflective steps essential to conceptualizing and planning quality approaches to support children.

**The Other Side of ACEs – How the Building Blocks of HOPE Promote Positive Childhood Experiences: Aisha Pope, MSW, LCSW & LaTysa Flowers-Jackson, BA, FSS, CPDPE**

This interactive training session focuses on integrating the science of HOPE (Healthy Outcomes from Positive Experiences) and Positive Childhood Experiences (PCEs) to support healthy development in children ages 0-5. The early years are a critical window for cognitive, emotional, and social development. Positive experiences during this period and beyond can counterbalance the effects of adversity and trauma, setting a foundation for long-term resilience and well-being. Participants will explore the research on HOPE, which highlights the role of positive relational, social, and environmental experiences in fostering resilience. Through practical examples and strategies, attendees will learn how to create nurturing environments for young children, emphasizing the role of caregivers, early educators, and communities in promoting successful outcomes. The training will also cover the Building Blocks of HOPE and how promoting access to these can mitigate the effects of Adverse Childhood Experiences (ACEs) by focusing on relationships, safe environments, engagement, and opportunities for emotional growth.

**Educational Goals:**

**KEYNOTE**

1. Describe the primary neurohormonal pathways that begin development in fetal life and are vulnerable to early trauma and other adversity.
2. Discuss the developmental agenda and the implications for both parenting and therapeutic work.
3. Describe the concept of dosing and timing when doing therapeutic work;
4. Discuss the relationship between early adversity and later health, well-being and life expectancy; and,
5. Explain the enriching & therapeutic value of common activities and joyful moments in a child's life.

**HOPE PRESENTATION**

1. Describe the Science of HOPE Healthy Outcomes of Positive Experiences
2. Explain the foundational understanding of HOPE's framework.
3. Explain the four building blocks of HOPE, Positive Childhood Experiences, and how they promote child well-being.
4. Discuss strategies to foster secure attachments and supportive relationships between children and their caregivers
5. Address the importance of cultural sensitivity in implementing PCEs and fostering resilience in diverse populations of young children

## Learning Objectives:

### Keynote:

1. While providing therapeutic services for children, participants will be able to provide services that are more neurobiologically and developmentally informed and hold greater promise for helping and healing.
2. In the context of providing professional services, attendees will be better able to adjust the timing and
3. dosing of therapeutic services to enhance the results.
4. Within their work context, participants will be able to plan therapeutic strategies embedded in the child's
5. typical day that leverages the developmental and neurobiological impact of joyful moments.

### HOPE:

1. List 3 strategies for fostering secure attachment to Promote Positive Relationships
2. List 3 strategies for cultivating emotional safety in home or ECE settings and ways to cultivate physical and emotional safety for children, ensuring stable and nurturing settings for growth.
3. List two strategies for youth to build positive engagement in their communities and 2 ways in which that contributes to improved wellbeing practical approaches to encourage children's exploration, learning, and connection within their environment to promote engaged contributors to their communities.
4. Identify 3 strategies for helping children recognize, express, and regulate their emotions through supportive relationships and developmentally appropriate interventions

**Audience:** Clinical Therapists, Nurses, and other treatment staff. RN's LMFTs, LCSWs, LPCCs, associate-level and support staff providing child client care (0-5) in the public behavioral health system  
Teachers, Early Care Educators, Home Visitors, Health Care providers, and other professionals serving children 0-5

Level of training: All Levels

**Seat #:** 150

**Location:** The Historic Crestmore Manor, 4600 Crestmore Rd. Riverside, CA 92509

This is an ADA compliant course. If you need a reasonable accommodation/alternative format for this training event, please contact the Diana DaSilva at (951) 955-9175 at least fourteen days (14) prior to the course date.

### Agendas:

9:00am-9:10am	Welcome, Housekeeping Information & Speaker Introduction by Host
9:10am-9:45am	Basics of Development & Neurobiology: Why Fetal Development and the First Months of Life Matter in the Classroom
9:45am-10:00am	Early Adversity, Later Health, Well-Being and Life Expectancy
10:00am-10:30am	Understanding & Supporting the Developmental Agenda of Children
10:30am-10:45am	BREAK
10:45am-11:30am	The Therapeutic Value of Common Activities and Joyful Moments
11:30am-12:15pm	Therapeutic Strategies: Dosing, Timing and Dr. Bruce Perry's Six "Rs"
12:15pm	LUNCH (Provided)

1:00pm – 1:45pm	ACES, HOPE, PCEs
1:45pm – 2:15pm	The 4 Building Blocks of HOPE Relationships/Environments (Lecture and Activity)
2:15pm – 2:30pm	BREAK
2:30pm – 3:00pm	The 4 Building Blocks of HOPE Relationships/Environments (Lecture and Activity)
3:00pm – 3:30pm	HOPE Informed Screening as Assessment
3:30pm – 4:15pm	HOPE as an Anti-racist Framework
	Adjourn to CE & Evaluation Instructions by host

## **Instructor Information:**

**Keynote Bio: Kristie Brandt, NP, APRN, CNM, MS, DNP.** Dr. Kristie Brandt is an internationally known teacher, clinician, and consultant, specializing in infant and early childhood mental health, trauma, reflective supervision, and Touchpoints. She is also an Assistant Clinical Professor of Pediatrics VCP at the University of California Davis School of Medicine. In 2002, she founded what is now the 15-month U.C. Davis CPE Napa Infant-Parent Mental Health Fellowship that has been continuously training cohorts of Fellows since January 2003, has trained over 600 Fellows from around the world, and will be welcoming its 23 cohort of Fellows in January 2025. She was the Chief of Public Health in Napa County, CA and retired after 25 years of public service. While there, she developed the Therapeutic Child Care Center for children 0-5, and in the process became acquainted with Dr. Bruce Perry and his NMT work. She has studied, clinically implemented, and developed early childhood and reflective practice applications using Perry's concepts for over 25 years. Dr. Brandt also worked closely with Dr. T. Berry Brazelton and taught with him globally for over two decades on Touchpoints and child development. She is lead editor of the book "Infant & Early Childhood Mental Health: Core Concepts & Clinical Practice", author of the book "Facilitating the Reflective Process: An Introductory Workbook," and has authored or co-authored numerous journal articles and chapters. Brandt earned her Master's and Doctorate at Case Western Reserve University, and completed a post-doctoral Fellowship in Infant-Parent Mental Health through the Child Development Unit at Boston Children's Hospital. She is endorsed as an Infant-Family & Early Childhood Mental Health Specialist and Reflective Mentor through the California Center for Infant-Family & Early Childhood Mental Health and is also endorsed as an Infant Mental Health Specialist & Clinical Mentor through the international Alliance for the Advancement of Infant Mental Health and Michigan Association for Infant Mental Health. She is an active member of the American Psychiatric Nurses Association. Dr. Brandt is licensed, and board certified as a nurse practitioner and nurse midwife. She is a Newborn Behavioral Observations (NBO) trainer and a national trainer in Brazelton's Touchpoints. In 2019, she received the Distinguished Alumni Award from her Alma Mater, Case Western Reserve University FPB in Cleveland, Ohio. She has also received fourteen awards for her work focused on the mental health, wellbeing and development of infants and children including: The Alicia Lieberman Infant Mental Health Leadership Award from the California Association for Infant Mental Health (2023); Phyllis Rae McGinley Champion for Children Award Child Trauma Academy Neurosequential Model Network (2017); U.S. House of Representatives Certificate of Special Congressional Recognition for Serving the Mental Health Needs of Children (2015); the Touchpoints Distinguished Leader Award from the Brazelton Touchpoints Center, Boston Children's Hospital (2013), and others.

**Presenter: Aisha Pope is a Licensed Clinical Social Worker (LCSW)** who has worked in San Diego County's Behavioral Health System of Care since 2000 and at San Diego Center for Children (SDCC) since 2011. She currently serves as the Chief Program Officer of Community Programs where she oversees a range of clinical and community-based operations. In her role, Aisha supports multidisciplinary teams dedicated to helping families grow their connections, achieve safety, well-being, and permanence, and thrive within their communities. Aisha is a Certified Healthy Outcomes from Positive Experiences (H.O.P.E.) Champion and Faculty Trainer, a Positive Discipline Lead Trainer, and one of the authors of the Positive Discipline Tools for Kids Social Emotional Learning program. She is also a Rostered Provider in Child Parent Psychotherapy (CPP) and Certified in Trauma Focused Cognitive Behavioral Therapy (TFCBT). She is deeply committed to social justice and racial equity and is a founding tri-chair of the Birth of Brilliance Annual Conference, which addresses justice, equity, diversity, and inclusion in children's behavioral health, education, and related systems. Aisha sits on the boards of the Positive Discipline Association and the California Association for Infant Mental Health (CalAIMH).

**Presenter: LaTysa Flowers-Jackson, BA, FSS, CPDPE,** serves as the Association Director for Diversity, Equity, Inclusion, and Belonging at the YMCA of San Diego County. With over 15 years of experience in Child, Youth, and Family public-serving systems, she is also a dedicated health equity advocate and educational consultant. LaTysa's work focuses on reducing educational inequities, dismantling the preschool-to-prison pipeline, and building the capacity of adults and caregivers to meet the needs of vulnerable populations. She is

a recognized H.O.P.E. Framework Champion and Advanced Trainer, and serves as the Family Support Discipline Director for the Children's Hospital of Los Angeles CA-LEND program. She develops culturally relevant and responsive service delivery, along with continued quality improvement assessment in equitable and accessible family-centered practice, promoting belonging and significance for all.

**This course meets the qualifications for 6 continuing education units/credits/hours.**

**Continuing Education:** Course meets the qualifications for **6** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **6** Contact Hours.

Provider approved by CCAPP-EI, Provider Number 3-22-341-0526 for **6** CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

**Requesting Continuing Education:** Participants interested in receiving continuing education credit or a certificate of participation should contact **Germeen Armanious** via email at [G.Armanious@ruhealth.org](mailto:G.Armanious@ruhealth.org). Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:**

Please register for this course via Office Forms: <https://forms.office.com/g/9keMPE0Nam>

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends) by contacting Dorothy Cockrell at [d.cockrell@ruhealth.org](mailto:d.cockrell@ruhealth.org). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact training coordinator Dorothy Cockrell at [d.cockrell@ruhealth.org](mailto:d.cockrell@ruhealth.org) or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).

This is an ADA compliant course. If you need a reasonable accommodation/alternative format for this training event, please contact **Diana DaSilva at (951) 955-9175** at least fourteen days (14) prior to the course date.