

## **Strong Kids – Strong Future Class Descriptions**

### **Fostering Hope by Discouraging Human Trafficking**

**This class is virtual. 3 hours of virtual training credit available.**

**Does not count for in-person class credits.**

Have you ever wondered if a child in your life could be or has been victimized by Human Trafficking? Attend this presentation and learn the nuts and bolts of trafficking, its prevalence in Iowa, and how to prevent someone from falling victim or assist someone who has. The pandemic has significantly increased vulnerabilities for children online. One focus of this presentation will be how traffickers use technology for exploitation and some tools we can use to protect children.

This class will be held via Zoom. If you need any assistance, getting Zoom set up, please reach out to Fostering Hope. The Zoom link will be sent to you via the email you registered with the day before class is held. More than one person may attend on the same Zoom account or device as we will be taking attendance at multiple times throughout the training.

For those who are attending an in-person training as well, we will be hosting the class in a classroom with a large screen.

#### **Instructor:**

**Teresa Davidson, ARNP, MSN, MA** is a Pediatric Nurse Practitioner that fights against human trafficking as Iowa's first Anti-Human Trafficking Coordinator in a hospital and Co-founder of Chains Interrupted – a nonprofit dedicated to fight human trafficking in Eastern Iowa and beyond. Teresa's passion to fight Human Trafficking began on a mission trip to Africa where she saw children being victimized by this crime. She has since led/served on multiple mission trips to fight Human Trafficking, including to Guatemala, India, Nepal, Burma, and Thailand. Teresa has received two Governor's Service Awards for her work in Anti-Human Trafficking, Iowa's 100 Great Nurses Award, and in October 2019, President Trump appointed her to serve on the federal Public-Private Partnership Advisory Council to End Human Trafficking, a group of just 11 leaders from around the nation.

## **Parenting the Willful Child – Helping Your Child Use Their Power for Good and Not Evil**

Being willful is often seen as a bad thing. Being willful, actually, often leads to being self-motivated and determined. This class will focus on parenting strategies for children who are often seen as “difficult”. We will discuss the importance of moving away from trying to “break” their will and joining with them in a positive relationship. We’ll explore giving appropriate choices and avoiding power struggles. Parenting a willful child can be frustrating, but our goal is to try to work with the child’s strengths instead of against them.

Instructor:

**Dr. Joann Seeman Smith** is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents. She received her Ph.D. in Counseling Psychology from Iowa State University in 2008. She works with many diagnoses and issues including, attention-deficit disorder, learning disabilities, autism-spectrum disorders, behavior problems, depression and bipolar disorder, anxiety, and adjustment difficulties due to abuse, foster care, transition to adoption, bereavement, and divorce. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens, and families, including children and families with attachment-based difficulties. Dr. Seeman Smith has been providing training for foster and adoptive parents since 2008. She currently has her own practice with offices in Ames and Granger. She also provides consultation and training for schools to better understand children with trauma.

## **Substances of Abuse 101 and The New Nicotine Addiction**

In Substances of Abuse 101 parents, teachers, and caregivers will learn about why certain substances lead to dependence and addiction. It provides insight as to what is happening in the brain and body when substances are present both in the short and long term, and clears up the mysteries of why addiction happens. There will also be a section for audience members to choose from a selection of substances to expand their knowledge about them including things like opioids, MDMA, Kratom, and Marijuana.

The New Nicotine Addiction presentation talks about how addictive nicotine is and the dangers of vaping. It also points out the dangers of vaping while pregnant and the dangers for you who vape. Many different vape and tobacco products will be shown for educational purposes as well as products that can hide contraband.

### **Instructors:**

**Lisa Carstens** is a Certified Prevention Specialist with ZION Integrated Behavioral Health Services. She provides gambling and substance abuse prevention in 13 counties in southern Iowa. Lisa has only been working in prevention for two years but has worked with area schools and communities for 20 years now. Lisa is a graduate of Northwest Missouri State University where she earned a Bachelor of Science degree in Public Relations. Outside of the office, Lisa is passionate about her faith and her family—she is a very busy mother of three active kids from high school to the elementary! In her spare time, Lisa enjoys photography and has been an Usborne Book Consultant for almost 9 years.

**Jessica Petter** is a Prevention Specialist for ZION Integrated Behavioral Health Services with three and a half years in the behavioral health field and six years in healthcare. Jessica graduated with her Bachelors in Interdisciplinary Studies with a focus on Psychology and Sociology from Eastern Washington University. Her passion for learning about human behavior makes her an engaging prevention specialist with unique insight.

**Rhonda Grebert, RN** from Page County Public Health is the Tobacco Prevention Coordinator. She covers 6 counties and works under the state grant with Iowa Department of Public Health. Presentations, policy work, and promoting Quitline Iowa are just a few of the duties as Tobacco Coordinator. Prior to this role, Rhonda worked at Iowa School for the Deaf for nine years as the overnight school nurse. Outside of work, Rhonda enjoys camping, hiking, traveling, and spending time with her husband and two dogs.

## **Unraveling Neurodevelopmental Disorders**

This class will introduce the topic of Neurodevelopmental Disorders and will more specifically focus on gaining a better understanding of Attention Deficit-Hyperactive Disorders and Autism Spectrum Disorders. We will cover how these diagnoses typically present in childhood and discuss atypical presentation as well. We will cover different parenting approaches and accommodations for home and school that can often help individuals with these symptoms be more successful and everyone less frustrated!

### **Instructor:**

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