2022 RBPD FALL RETREAT

Friday, November 4, 2022

Maple Grove Community Center
12951 Weaver Lake Rd, Maple Grove, MN
Banquet Room

https://ceed.umn.edu/2022-rbpd-fall-retreat/

Wifi: Username: MGCC Open
(No password, accept the use terms)
Morning Agenda

Reset

8:30-9:00  Registration, coffee & pastries provided

9:00-9:30  Welcome from CEED
Ann Bailey, PhD, Director
Deborah Ottman, MA, Coordinator of Professional Development

9:30-9:50  RBPD Credential Update
Beth Menninga, IMH-E®, RBPD Manager, Center for Inclusive Child Care

9:50-10:00  Break

Re-energize

10:00-11:30  Breakout Sessions

A - Room 125  Coaching with Conscious Discipline: Applying the 7 Powers and Skills to your RBPD Practice
Angela Vierkant, Parent Aware Quality Coach & CLASS Coach

B - Room 133  From Knowing to Doing: Understanding and Embedding Hmong Culture into Childcare Relationships and Practices
Julie Li Yang, BSN, Master of Public Health candidate & Zang Vang-Lee, MEd, Hmong Early Childhood Commission

C - Banquet Rm  Build Up from Burn Out and Emotionally Intense Environments Through Coaching
Elizabeth Peters-Rust, MA, Professional Development Facilitator, MN Centers of Excellence for Young Children with Disabilities

11:30-1:00  Lunch  See p.8 for a list of local restaurants
Afternoon Agenda

Reconnect

1:00-1:20  RBPD Endorsement Types with Achieve
          Matt Evans, Professional Development Collaborative Strategist
          Dani Thompson, Professional Development Analyst

1:20-2:50  Panel: Comparing Notes with MN's RBPD Endorsed Organizations
          Moderator: Ann Bailey, CEED
          Panelists:
                      Katie Hoffman, Director of Quality Improvement for Child Care
                      Aware of Minnesota's Coordinating Office
                      Kateri Skunes, Professional Development Systems Coordinator for
                      Child Care Aware of Minnesota
                      Matt Carlson, Child Care Capacity Building Coordinator for Child
                      Care Aware of Minnesota
                      Tiffany Grant, Business Development Manager for First Children's
                      Finance, Minnesota
                      Beth Menninga, IMH-E®, RBPD Manager at the Center for Inclusive
                      Child Care
                      Catherine Wright, PsyD, LP, LPCC, State of Minnesota, Children's
                      Mental Health

2:50-3:00  Break

3:00-3:30  Closing: Reflective Planning Activity
          Deborah Ottman, CEED
Maple Grove Community Center

Rm 125/127 – Breakout Session A
Rm 133 – Breakout Session B
Banquet Room – Breakout Session C

A private mother’s room is available upon request.
Breakout Session A
Room 125/127

Coaching with Conscious Discipline:
Applying the 7 Powers and Skills to your RBPD Practice

How do you purposefully build healthy relationships in your RBPD practice? What tools do you use to problem solve, manage stressors, and begin to achieve goals in your work with others? Are you willing to discover a different way of doing things? Take this time to add to your RBPD toolbelt and explore the 7 Powers and Skills from Conscious Discipline by Dr. Becky Bailey. Together, we will learn how these powers and skills can be applied to RBPD practices and the role these play in shaping mindsets, intentions, and goals.

In this session, participants will;
1. Gain knowledge of the concepts of the 7 Powers and Skills adapted from Conscious Discipline Dr. Becky Bailey
2. Understand how these 7 Powers and Skills work with the 6 Principles of Quality Coaching and the CLASS Domains, and
3. Reflect on how these 7 Powers and Skills might be applied and used in their Coaching/RBPD Practice.

Angela Vierkant has been active in early childhood education in the Rochester area for over 20 years. Her past roles have included preschool teacher, community education teacher, preschool director and childcare center director. She became a Parent Aware Coach in 2018 when she joined Families First and Child Care Aware of Minnesota, Southern. In 2019 she received her CLASS® Coach Certification and completed the RBPD Credential. Her work takes her into a variety of early childhood programs across Southeastern Minnesota, and it offers her many opportunities to build relationships with early childhood professionals.
Breakout Session B

Room 133

From Knowing to Doing: Understanding and Embedding Hmong Culture into Childcare Relationships and Practices

Gather ideas on ways to support weaving Hmong values and practices into childcare environments. Presenters will use early childhood developmental domains as a framework to introduce participants to the Hmong community, and its beliefs and traditions related to children and families. The session will also provide information on the Hmong Early Childhood Coalition (HECC), a Minnesota non-profit. Participants will leave this session with:
1. A better understanding of the values held by the Hmong community that impact and influence family and child-rearing practices;
2. Clearer insight into how Hmong guiding values and practices are traditionally applied using the lens of the Early Childhood Developmental Domains as a framework;
3. Fresh ideas on embedding culturally responsive practices to support relationships and enrich environments with Hmong children and providers;
4. New knowledge and resources to support working with Hmong care providers, families, and children.

Julie Li Yang is a graduate student in the Maternal and Child Health program at the University of Minnesota School of Public Health. Her research interests explore the intersectionality of disability, gender, and race and their overall impact on quality of life. She serves people with disabilities receiving home care services in her professional work. As a parent advocate for autistic children, she is passionate about early childhood screening and early intervention services and addressing the fear, stigma, shame, and oppression around autism and other neurodevelopmental-related disabilities within her community. She is driven to serve people with disabilities and advocate for safer and more socially inclusive environments.

Zang Vang-Lee understands the importance of healthy experiences for children, especially in the early years. She is a mom of three teenagers who empowered her to become the advocate and resource for children, families, and community, she is today. She has worked with schools, families and communities advocating for more equitable resources and services. Zang has been with Hmong Early Childhood Coalition (HECC) for over 10 years. She believes in the mission and vision of HECC and wants to ensure Hmong children and families have the necessary tools and resources to do well in life. Zang holds a Masters of Education degree from the University of Minnesota and has licensures in Pre-primary (age 3-PreK) and K-8. She is also an approved Bilingual Trainer and has been training since 2016.
Breakout Session C
Banquet Room

Build Up from Burn Out and Emotionally Intense Environments Through Coaching

How do you support childcare providers that are experiencing burnout? Burnout is common in childcare providers, often due to long hours, low pay, and a somewhat isolating environment. Come, learn and share some coaching strategies and practices that you can use now to support childcare providers to get fired-up about their very important and much needed work. Explore strategies and practices to help childcare providers that are at risk for burnout and that are feeling big emotions so that they may continue to thrive in their work environments.

In this session, participants will:
1. Identify coaching strategies to support child care providers when they are facing burnout;
2. List resources and tools that are available to coaches who are working in emotionally intense environments;
3. Explore if, when, and how to end a coaching relationship with a child care providers in emotional intense environments.

Elizabeth Peters Rust, Betsy, has worked in the Early Childhood Special Education field for 19 years. She worked as a Speech Language Pathologist, serving children birth-graduation and their families, in a public school district in North East MN. Betsy has been a regional ECSE Professional Development Facilitator for MN Centers of Excellence for Young Children With Disabilities since 2016. She has been an Achieve Master Trainer since 2015. Betsy earned her undergraduate degree and her M.A in Communication Sciences and Disorders from the University of Minnesota Duluth. She holds an ASHA Certificate of Clinical Competence and a Minnesota Educator License. Betsy is certified in Cognitive Coaching, certified in the Fidelity in Practice: Early Intervention via Family Infant and Preschool Program, and has extensive training in Practice Based Coaching. She supports many EC/ECSE program coaches and provides coaching to other professionals. Betsy’s professional passions include Early Childhood, Coaching, implementation science, adult learning, and language development. She serves as a “member at large” with the MN Division of Early Childhood and as an Early Childhood Personnel Center (ECPC)/ Division of Early Childhood (DEC) Professional Development Cohort Leadership Team member.
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<thead>
<tr>
<th>Restaurant Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Panera Bread</td>
<td>7778 Main St</td>
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<tr>
<td>Jimmy John's</td>
<td>8099 Wedgewood Ln N</td>
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<tr>
<td>Cafe Zupas</td>
<td>11669 Fountains Dr</td>
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<td>The Lookout Bar &amp; Grill</td>
<td>8672 Pineview Ln N</td>
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<tr>
<td>The Lotus (Vietnamese)</td>
<td>13704 83rd Way N</td>
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<td>3 Squares Restaurant</td>
<td>12690 Arbor Lakes Pkwy N</td>
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<td>Brick &amp; Bourbon</td>
<td>7887 Elm Creek Blvd N</td>
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<td>Malone’s Bar &amp; Grill</td>
<td>12635 Elm Creek Blvd N</td>
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<td>El Rodeo Mexican Restaurant</td>
<td>13572 80th Cir N</td>
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<td>Riviera Maya Cantina &amp; Restaurant</td>
<td>7904 Main St</td>
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<td>Sawatdee and Zushiya (Thai)</td>
<td>7885 Main St</td>
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<td>Biaggi’s (Italian)</td>
<td>12051 Elm Creek Blvd N</td>
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<td>Olive Garden (Italian)</td>
<td>12520 Elm Creek Blvd N</td>
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<td>The Great Greek Mediterranean Grill</td>
<td>7860 Main St</td>
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<td>Naf Naf Grill (Middle Eastern)</td>
<td>12725 Elm Creek Blvd N</td>
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<td>Pittsburgh Blue Steakhouse</td>
<td>11900 Main St, Arbor Lakes Pkwy N</td>
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<td>CRAVE American Kitchen &amp; Sushi Bar</td>
<td>12734 Elm Creek Blvd N</td>
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<td>Angeno's Pizza and Pasta</td>
<td>13588 80th Cir N</td>
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<td>Punch Pizza</td>
<td>12107 Elm Creek Blvd N</td>
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<td>Frankie's Chicago Style Pizza</td>
<td>13724 83rd Way N</td>
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<td>Redstone American Grill</td>
<td>12109 Main St</td>
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<td>Famous Dave's Bar-B-Que</td>
<td>7825 Vinewood Ln N</td>
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<td>Applebee’s Grill &amp; Bar</td>
<td>14400 Weaver Lake Rd</td>
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<td>Red Lobster</td>
<td>12515 Elm Creek Blvd</td>
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<td>Urban Wok:</td>
<td>11656 Elm Creek Blvd N</td>
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<tr>
<td>Benihaha (Japanese)</td>
<td>11840 Fountains Way</td>
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<td>Kyoto Sushi</td>
<td>13751 Grove Dr</td>
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<tr>
<td>Ten Sushi</td>
<td>11631 Fountains Dr</td>
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You Could Win!

Throughout the day, we will be drawing names from today's attendance list to win this book.

No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field.
Afternoon Presenters

**Matt Evans** obtained his bachelor’s degree from the University of Minnesota in Psychology with a minor in Mathematics. He has been in the field of Early Childhood for over 10 years with organizations such as Think Small and Child Care Aware of Minnesota. Throughout this time, he has been serving educators, trainers, and coaches by providing customer service, technical assistance, creating resources, professional development opportunities, and building relationships. Matt works with our Professional Development team to support Trainers, RBPD Specialists, and Training Sponsor Organizations with the approval system and Develop as well as provide outreach to other organizations.

**Dani Thompson** has been with Achieve since 2018. A native Minnesotan and passionate about education, Dani gained her bachelor’s degree in Family and Consumer Science with an emphasis in Family Life and Child Development. She has worked as a school age child care teacher and a before and after school program teacher. Dani works with our Professional Development team to review and approve course submissions, evaluate official transcripts, and provide outstanding customer service. Her can-do attitude is always appreciated. When not processing applications, you’ll find Dani visiting family in Minnesota, collecting eyeglasses (27 pairs so far), hunting for clearance deals at Target, and hanging out with her husband and son.
Panelists

**Katie Hoffman** is the Director of Quality Improvement for the Coordinating Office. She has worked on Child Care Aware of Minnesota’s Quality Improvement team for over 7 years and in the field of early childhood for over 30 years. She has degrees from the University of Minnesota – Duluth and Walden University. In her role, she oversees the implementation of Parent Aware with her team by supporting Quality Coaches and Recruiters and collaborating with the Rating, Financial Supports, and Professional Development teams. She recently participated in the workgroup that spent the last three years examining the structures of Parent Aware and developing a Parent Aware Racial Equity Plan. She has experience in the field as a classroom teacher, a nanny, education coordinator, and center director. These experiences are what drive her desire to make positive changes for educators, children and families, and her passions include infant and toddler care and development, adult learning and coaching, equity, and team building. Katie sees the next few years as one of the most exciting times in her career in this field, filled with opportunities and hope.

**Kateri Skunes** is the Professional Development Systems Coordinator for Child Care Aware of Minnesota. She supports the work of Professional Development Advisors and Parent Aware advising, as well as the training delivery staff across the state. She has been part of the Child Care Aware system and early childhood field for over 12 years. Kateri participated in the CARE (Child Care Advocates Ready to Emerge) Fellowship in 2012, and the NEW (National Education for Women) Leadership Develop Institute in 2015. Kateri uses her skills and knowledge from her career and leadership programs to enhance and enact her vision of a professionalized workforce and coordinated early childhood system.
Panelists

As Child Care Capacity Building Coordinator for Child Care Aware of Minnesota, Matt Carlson coordinates the Child Care Wayfinder network, which is made up of Child Care Startup and Retention Navigators around the state who are available to help individuals and organizations with starting and growing child care programs. In his role, he provides support to local agencies and their navigators as they refine their technical assistance processes and execute local strategies that contribute to the goal of increasing access to child care for families in Minnesota.

Tiffany Grant co-founded and managed Excellent Care, a family childcare program for Excell Academy for Higher Learning staff six years ago. Tiffany brings 14 years of experience working in early childcare settings assisting in curriculum development, training, coaching, and compliance work for licensed, license-exempt, and non-profit programs. A strong advocate for equity and inclusion, Tiffany spends a lot of her time serving on committees that strengthen her professional skills to create systems of equity. Some of her previous work includes serving on the Minnesota Legislative Task Force representing the 7 County metro area for family Child Care programs and representing her state at The Public Policy Forum through the National Association for the Education of Young Children and the Zero Three Strolling Thunder, an advocacy event for families. Tiffany received her bachelor’s degree in Early Childhood Studies with a career focus on early psychology and leadership from Metropolitan State University.
Panelists

Beth Menninga is the Relationship Based Professional Development Manager at the Center for Inclusive Child Care (CICC). In that role, she oversees the coaching efforts at CICC, supporting the team of CICC RBPD Specialists and coordinating RBPD efforts with other CICC team members and partnership organizations. With past experience as a preschool teacher and child care center director, her work over the past twenty years has focused on professional development efforts in the content areas of infant toddler caregiving, early literacy and early math. At her previous position at CEED, she was coordinator and lead author of The Minnesota Credential for RBPD Specialists and the Minnesota Knowledge and Competency Framework for RBPD Specialists. She is currently working with Vicki Hawley on updating the RBPD Credential content. She is co-author of Intentional Teaching in Early Childhood (Free Spirit/Redleaf Press.)

Catherine L. Wright, PsyD, LP, LPCC is a licensed psychologist (LP) and a professional clinical counselor (LPCC). She is a former Zero to Three Fellow, a current National Registered Health Psychologist and an Endorsed Infant Mental Health Mentor. Catherine has over 25 years of experience providing direct children’s mental health services and managing children’s mental health programs and systems. She is the Early Childhood Mental Health System Coordinator within the Behavioral Health Division of the Department of Human Services for the State of Minnesota. At the State of Minnesota, Catherine is responsible for developing the early childhood mental health system of care, including arranging for and managing trainings in evidence-based practices for early childhood mental health clinicians, supporting policy development around early childhood mental health, and integrating clinical services within family serving systems such as childcare, Head Start, schools, primary care clinics and the adult mental health system. She is interested in developing evidence based treatments for parents with serious mental illness who are parenting their young children.
Our Partners

The RBPD Retreat is sponsored by the Trainer and Relationship-based Professional Development Specialist Support program (TARSS), funded by the Minnesota Department of Human Services, Child Development Services.
PLEASE JOIN US at the TARSS Symposium Spring 2023

Thank you