

NEW MORNING SESSION:

Building a Supportive School Culture Utilizing the Nurtured Heart Approach

It is a general consensus among experts that there is an overwhelming need to strengthen and unify the actual climate within school settings. This can mean devoting resources to eliminate detrimental things for children and youth such as bullying or discrimination. Research has shown that there are several key factors in making schools safer and cultivating social emotional health within the school setting is one of those factors.

The Nurtured Heart Approach has proven to be very successful in building a supportive community within the school culture itself. When this methodology is administered within a school setting, it creates a community in which each person has consideration for the well-being of not only themselves, but for others around them. Many of the schools that institute this approach see a significant decrease in detention, suspension, bullying, ADHD evaluations and experience heightened academic success. It creates a community of children and teachers working together and perhaps a safe place for children that have a troubled home life. Come and explore how The Nurtured Heart Approach can be instituted within the classroom and create a more unified and supportive learning environment.

Presented by: Andrea Parker, Holding Out Hope Training and Support

NEW AFTERNOON SESSION:

The Invisible Suitcase

Trauma is a psychologically distressing event that is outside the range of normal human experience. Parenting a child who has experienced trauma requires a shift in the way you think about childhood development as well as the way you communicate with and provide support for the child in your care. Becoming trauma informed opens up a new way of thinking about and acting on the behaviors you experience in your home. Nichol Khan M.Ed., MSW, Mercy Care Child Welfare Liaison will provide a brief snapshot in understanding the behavioral, neurological, and health effects of trauma and help assist you in reducing power struggles and begin to make genuine strides toward improvement.

Presented by: Nichol Khan M.Ed., MSW, Child Welfare Liaison, with Mercy Maricopa

KIDS Blitz

Foster Parent Training Event



SATURDAY, MARCH 2, 2019
9 AM - 4PM

SCOTTSDALE BIBLE CHURCH
7601 E. SHEA BLVD.
SCOTTSDALE, AZ 85260

KIDS CONSORTIUM

A Place to Call Home

AASK

Agape Adoption Agency of Arizona

Arizona Baptist Children's Association

Arizona's Children Association

Arizona Faith & Families

Casey Family Programs

Catholic Charities

Child Crisis Arizona

Christian Family Care Agency

CPES

Devereux Advanced Behavioral Health

Family Partners

Family Support Resources-FSR

Hearts & Homes

HRT-Human Resource Training

Hope Community Services

Lutheran Social Services of the SW

Mending Hearts Family Services

Onward Hope

Pathways

RISE Services

Southwest Human Development

Unity

REGISTRATION FEE (PER PERSON)

\$15

Includes a continental breakfast buffet provided by Casey and lunch provided by Chick-fil-A

POLICIES

- * Childcare is **NOT** provided
- * Children or vulnerable adults cannot attend the Blitz, if you bring a child or vulnerable adult, you will be re-fused entry
- * Campus will not be open until 8am.
- * Arriving 15+ minutes late, leaving early, or taking excessive breaks during class will result in staff reducing your credit hours accordingly
- * Last day for refunds is **February 25, 2019**

QUESTIONS?



AZKidsBlitz@gmail.com



no phone registration, sorry, online only



REGISTER ONLINE
blitz19.eventbrite.com

HOW TO REGISTER FOR THE BLITZ

1. Open your preferred internet browser (Chrome, IE, Edge, Safari, Firefox)
2. Type in blitz19.eventbrite.com
3. Click on the green **REGISTER** button



4. Select Foster/Adoptive Parent and select number of tickets. Click on Check-out button and proceed to complete your online registration.
5. You can pay with Visa, Mastercard, American Express, or Discover

Help a Baby Out...
The Great Diaper
and Wipes Drive
Supporting



Arizona Helping Hands provides beds, cribs, diapers, clothing, toiletries, and more to boys and girls in foster care.

We will be collecting diapers and wipes for Arizona Helping Hands again this year. Please bring your donations when you check in on the day of the Blitz!

1. FROM REBELLION TO COOPERATION/STEP AWAY FROM THE POWER STRUGGLE

Eva Dwight, BA, Med, ACC

Rebellious teens! How can we get them to listen to us and make good choices for themselves? Parents will learn the difference between empowering and enabling kids as they go through their rebellious phase and walk away with strategies for staying connected even in the most challenging parenting moments! Step Away from the Power Struggle! Teens like to push the boundaries and parents often don't know what to do when they push back. What are an alternative to the power struggle? Parents will learn bridge-building strategies that result in greater connection with their teens.

Eva Dwight, BA, MED, ACC taught English and reading for many years prior to earning her Master's Degree in Counseling in 1997. She has been a junior high school counselor for 10 years. As a Positive Discipline Educator she offers parenting workshops through the Mesa Public Schools' Parent University program. She earned her Associate Certified Coach designation from Adler Learning USA and in 2012, launched her private practice, Creative Coaching Conversations. Eva has helped hundreds of parents learn strategies for managing the challenges they face and bringing greater joy into their family life. Her work with teen clients emphasizes identifying strengths, setting priorities and clarifying the path they want to follow in order to grow into confident, capable, young adults.

2. ROAD TO RESILIENCE: EXPLORING THE JOURNEY TO ACES TO RESILIENCE THROUGH THE ARTS

Jessica Flowers

The arts provide a vehicle for expression, critical inquiry and reflective learning. The workshop will engage participants in research on Adverse Childhood Experiences and the impact of trauma and toxic stress on healthy social, emotional, physical and cognitive development. Participants will articulate their knowledge and personal journey from trauma to resilience through a progressive creative process.

Jessica Flowers has been using the arts to build resilience in children for over 20 years. Her work began as a high school musical theater teacher and choreographer and now focuses specifically on children and families who have experienced trauma through her work as the Program Director for Free Arts for Abused Children of Arizona. Jessica is a certified trainer in the Youth Quality Programs Assessment tool, Kids at Hope and Strong Communities Raise Strong Kids methods. Jessica holds a BA in theatre from Arizona State University with advanced studies from the University of London. She loves exploring the world with her husband and two sons who take creativity to a whole new level!

3. LOVE AND LOGIC

Larry Kerby, MBA

Do you have a hard time setting and enforcing boundaries with your kids? Do they derail you with their need to argue and your need to "be right?" Do you find yourself getting hooked into arguing even though you know nothing good is going to come out of it? Come learn how to set and enforce boundaries like a champ with some simple and easy to use Love and Logic techniques. Your kids will not like you taking this class. They will, however, love you in the long run for using these simple tools you will learn.

Larry Kerby, MBA, helps parents thrive with strong-willed kids. He is a sought-after engaging and entertaining speaker. He has helped thousands of parents and teachers, just like you, create more joy, peace, and happiness in their home. As a trained independent facilitator of the Love and Logic curricula, Larry teaches effective, practical and proven parenting techniques that can be used immediately. He is also the author of the "Master Your Emotions" seminar series.

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Scottsdale Bible
C H U R C H

4. CREATING A SAFE AND SECURE ENVIRONMENT

Niki E. Texidor, M.Ed

In this workshop, participants will learn how to foster the social and emotional development of their children. Participants will gain new tools and strategies that will help guide and support them in modeling self-regulation, and thereby reducing power struggles. Participants will experience how relationships are primary, what we focus on grows, and what you do and say sets the tone for creating the relationship with your child that you desire. Participants will become more aware of how their own choices, reactions versus response to a situation can impact their family dynamics. Participants will gain greater insight and confidence into becoming the parent they have always envisioned themselves to be.

Niki Texidor is the owner of Parenting Matters, LLC, and has worked with families for 30+ years. She earned her Bachelors in Special Education, a Masters in Early Childhood Education, and a Masters-Level PCI-Certified® Parent Coach Certification from the Parent Coaching Institute in collaboration with Seattle Pacific University Department of Education. Niki is a mother of 2 successful adult children ages 30 and 26. She is also certified as a Scream Free Leader® and Positive Discipline Parent Educator®. As owner of Parenting Matters, LLC, Niki provides individual/couples coaching, small group coaching, Book Club Discussion groups, and workshops. She is passionate about strengthening the family unit through stronger, authentic connections whereby the family is thriving.

5. ADOLESCENT DRUG USE/REFLECTIVE LISTENING

Julie Treinen MA, LPC, LISAC

Because adolescence is a time of growth and experimentation, the use of alcohol, cigarettes and other drugs among teens is a major concern for parents and caregivers. Left unrecognized, substance use, in some cases, gets worse. Early recognition and response, therefore, are essential in helping parents and other caregivers respond to adolescents who may be engaging in drug or alcohol use. This class explores adolescent substance use through the lens of normal adolescent development and gives caregivers practical information to recognize and address the signs and symptoms of use. The influence of trauma will also be addressed with tips on how to recognize when additional help is needed.

Julie Treinen is currently the Director of Kinship Support Services, with Arizona's Children Advocacy Center. Ms. Treinen has been the Project Director for two Family Connection Grants: Child Welfare TANF Collaboration in Kinship Navigation Programs (Kinship Navigator Grant), and the Ending the Cycle for Family Group Development in Child Welfare, funded by the Child Welfare Bureau from 2012-2015 and 2015-2018. These projects focused on kinship navigation services and the impact of services on caregiver and child outcomes. Ms. Treinen received her Master of Arts degree in Counseling and Guidance from the University of Arizona. She is a Licensed Professional Counselor and a Licensed Independent Substance Abuse Counselor with over 25 years of experience in the field. Ms. Treinen has both administrative and clinical experience working with adolescents and adults who experience substance abuse, mental health and co-occurring disorders. She previously served as administrator over substance abuse services with The Arizona Department of Juvenile Corrections and adjunct faculty at Argosy University, where she enjoyed teaching Substance Abuse Counseling, Motivational Interviewing and Dialectic Behavior Therapy in the Masters of Mental Health Counseling Program.

6. THE IMPACT OF TRAUMA ON THE BRAIN IN THE CLASSROOM/ NAVIGATING THE SPECIAL EDUCATION SYSTEM

Advocacy 31nine

Participants will understand the impacts of trauma on learning and be able to reframe their own thinking about behavior. They will also be given tools to share with their IEP team to help them connect with the children and reframe their thinking. Learn how to advocate for the educational needs of children in foster care / Q&A session. Nicole speaks candidly as a mom who has walked this road and shares personal stories of success and failure. Jenny adds her years of experience as a special education advocate.

Nicole Mars is the co-founder Advocacy31nine, director of communication and training, and advocate for trauma informed special education. Advocacy 31nine began in 2017 as an effort to help foster parents struggling to navigate their children's special needs as well as the special education system. Nicole Mars has 10 children, 4 of whom have been adopted out of the Arizona foster care. She candidly shares about the struggles she encountered and brings the wisdom and resources that she has found to be a huge support to her. Along with her is a team of volunteers including a local neuropsychologist who specializes in education, a special education attorney, both ADE and DCS as well as a team of special education advocates.

7. TBRI INTRODUCTION AND OVERVIEW PART 1

Michelle Lunka

Children from hard places such as maltreatment, abuse, neglect, multiple home placements, and violence, have changes in their bodies, brains, behaviors, and belief systems. Trust-Based Relational Intervention® (TBRI®) helps a child or youth return to their natural developmental trajectory. TBRI® is a holistic approach that is multi-disciplinary, flexible, attachment-centered, and challenging. It is an evidence-based, trauma-informed intervention that is specifically designed to meet these complex needs, but applicable to all children too. TBRI® consists of three sets of harmonious principles: Connecting, Empowering, and Correcting Principles, which you'll learn about in this workshop. TBRI® is used in homes, schools, residential settings, orphanages and many other settings, meaning you can benefit from this workshop regardless of your role with children! **This is a 2-part class worth 6 hours of training. You must attend both parts.**

Michelle Lunka is a Licensed Associate Marriage and Family Therapist and TBRI® Practitioner. For the past 10 years she has been providing training and counseling for foster and adoptive families in Arizona. She currently serves as a Child & Family Therapist at Christian Family Care, utilizing the TBRI® framework. Michelle, her husband, and her children cared for children as a foster family for 3.5 years and her heart is to see every family supported and connected, and every child living out their greatest potential.

8. COMFORTING THE TRAUMA TREMORS PART 1

Tracey Hickey

During the course, the attendee will learn what trauma is, how it affects a child and the essential principles of trauma informed parenting. Understanding how trauma affects children can help you make sense of a child's sometimes baffling behaviors, feelings and attitudes. This course will teach skills and techniques to influence behavior and attitudes, reducing the stress of parenting traumatized children. **This is a 2-part class worth 6 hours of training. You must attend both parts.**

Tracey Hickey is a licensed worker for Catholic Charities where she is a teacher and an instructor. Tracey has 10 children, 7 of whom have been adopted out of the agency for the last five years. She graduated from the University of Maryland in 1993 with a degree in Elementary Education and was a teacher for six years. Tracey worked with Severely Emotionally Disturbed high school students for three years before moving to Catholic Charities. In her free time, she stays busy spending time with her five children and helping her sister raise three foster children.

SOLOD OUT

1. HUMAN TRAFFICKING

Lisa Lucchesi

Human Trafficking is a Domestic problem that we have in the United States and it is alive in our own State of Arizona. Awareness is important in helping to put an end to trafficking. Come and learn what trafficking looks like, learn about how a trafficker thinks, what a buyer looks like, why do victims get entrapped and feel they cannot leave the life. More importantly, learn what Arizona is doing to put an end to Trafficking and how you can help. Sargent Mark Doty with Phoenix HEaT and Lisa Lucchesi

SOLD OUT

Lisa Lucchesi has worked in the Child Welfare System in Arizona since 2000. She started her career working for the Department of Child Safety as a case aide, case manager and then became a supervisor in the Young Adult Program. It has always been a passion of Lisa's to work with victims of Trafficking in which she can bring hope and healing to their lives. In 2015 Lisa took a new position at the Regional Health Authority in Maricopa County, Mercy Care. She became the Child Welfare Program Coordinator and was given the task of developing a collaborative process with Phoenix Police Department and DCS in getting an immediate assessment on trafficked youth once they are recovered. In addition to being a Social Worker, Lisa has also been trained to train Human Trafficking 101 and continues to train DCS group homes, foster placements, staff and other stakeholders on Human Trafficking Awareness and Identification.

2. GIRL BRAIN, BOY BRAIN/ "WHY DO THEY ACT THAT WAY?" UNDERSTANDING CHILDREN'S TEMPERAMENT

Neil Tift, MA, CFM and Denise Tift, MA, LSW, CFM

As girls and boys grow from infants into children, through adolescence and on into adulthood, the differences become more apparent in how they each problem solve, communicate, express their emotions, perform academically and develop relationships. This session will present information to help staff to understand and respect these important distinctions and to implement teaching and learning techniques that respect these difference.

Temperament is a set of traits that determines a child's personality and, in turn, their behavior. These traits help explain why one child likes to be cuddled, another wants to be left alone and a third is constantly moving. This workshop will present information to help parents understand why their children react to certain situations differently and how to adjust discipline styles to address their distinct temperaments.

Neil Tift has been a foster and adoptive father for more than 20 years. He is currently based at the Native American Fatherhood & Families Association in Mesa, and is also a part time faculty teacher at Chandler-Gilbert Community College. His career has spanned over 30 years in which he has worked to improve the well-being of children by increasing families with involved, responsible, and committed fathers in their children's lives.

Denise Tift has been a foster and adoptive mother for more than 20 years. She is a therapist with Sundance Counseling and Consulting in Mesa. She is an adoptive mother to a young adult with Asperger's Syndrome and is currently licensed as an Adult Developmental Home Provider for adults with special needs. She enjoys teaching with her husband and spending time with her dog and family in her spare time.

3. PARENTING WITH PURPOSE

Eddie Morales

Parenting with a Purpose is a skills-based curriculum developed by Family Bridges, which motivates parents to raise successful children and teens and to partner with schools. Parenting with a Purpose directly addresses the dynamics of a family that play such a primary role in students' ability to be successful in school. The curriculum includes vignettes that are rooted in the cultural realities of the participants served and incorporates research-based findings of cultural protective factors and risk factors of the target community served.

Eddie Morales was born and raised on the South Side of Chicago, and always had a passion to make a impact on his city. As a serious baseball player in college, Eddie returned to the back of the community to help it make a difference. He has since made it his life's mission to make a big impact on the lives of those he serves in the community. After serving in such roles as an Executive Director, Community Engagement Coordinator, and Young Adults Mentor, Eddie now has come to Family Bridges with a passion to impact the entire community. He is currently on a team-leading Family Bridges' expansion in Phoenix and now calls the Valley his new home. In addition to his work with Family Bridges, Eddie writes blogs on emotional growth and delivers public speaking engagements to audiences that have ranged from 3 to 1,000 people.

4. MAGIC OF MUSIC

Kami Kerby

Whether you think of yourself as a "musical person" or not, this workshop is for you! Most people understand the vast value music plays in developing and healing the whole child, but do we utilize music to reap the maximum benefits? The benefits of music include (but are not limited to) trauma healing, social and emotional development, cognition, language, speech, literacy, physical and motor development, and bonding and attachment. In this workshop, we will learn some fun ways to effectively incorporate music into the lives of our children. We will spend a brief moment touching on the "why" of music and the majority of the time on the "how." No matter if you think you are tone deaf, or if you are a music rockstar, this class is packed with engaging music and movement activities to help make your job as a parent and foster parent easier and more fun!

Kami Kerby is an engaging and sought-after speaker and trainer. She has over 15 years of experience in early childhood education, and over 25 years experience in music performance. Kami has helped thousands of parents connect and transform relationships with their children through the magic of music and movement. She is also a trained independent facilitator of the Love and Logic curricula.

5. UNDERSTANDING THE NEEDS OF INFANTS, TODDLERS, AND PRESCHOOLERS IN THE FOSTER CARE SYSTEM.

Molly Strothkamp

This session will focus on the social emotional and developmental needs of children birth-5 in the foster care system. Special attention will be focused on the science of attachment and the importance of secure relationships with primary caregivers as potential protective factors for young children. Statewide community resources will be provided and explored.

Molly Strothkamp is a child therapist and the training coordinator at the Good Fit Counseling Center at Southwest Human Development. She has worked with young children and their families at Southwest Human Development since 1999. Molly specializes in providing relationship-based counseling to young children and their caregivers. Molly is a faculty member for the Harris Infant and Early Childhood Mental Health Training Institute and teaches a 40-hour infant mental health course to behavioral health providers. In addition, she provides presentations and workshops on infant mental health topics to parents, professionals, and community organizations statewide. Molly is an LMSW and is a graduate of the Harris Institute. She is endorsed at the clinical level by the Infant Toddler Mental Health Coalition. Molly currently serves on the ITMHCA Board of Directors.

6. RESOURCES, LAWS, AND PROGRAMS

Advocacy 31nine

Learn about new school laws impacting children in care. Arizona State University Academy is a free, comprehensive four-year college access program that aims to provide foster youth the academic support, enrichment and resources needed to enroll and succeed in college. Bridging Success connects foster youth to ASU and supports them until they graduate with a college degree from the Downtown Phoenix, Polk, or West campuses.

Nicole Marshall is the co-founder, Advocacy31nine director of communication and training, and advocate for trauma informed special education. Advocacy 31nine began in 2017 as an idea to help foster parents struggle to meet their children's special needs within the special education system. Nicole Marshall is an experienced mom of 7 kids, 4 of whom have been adopted out of the AZ foster care. She candidly shares about the struggles she encountered and brings the wisdom and resources that she has found to be a huge support to her. Along with her is a team of volunteers including a local neuropsychologist who specializes in education, a special education attorney, both ADE and DCS as well as a team of special education advocates.

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SOLD OUT

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A NUESTROS HABLANTES DE ESPAÑOL

Si necesita ayuda para inscribirse en una clase de español, ¡podemos ayudarle!

Llame a [Sra. Andrea Meza](#) al (602) 341-0357, y deje un mensaje con su nombre y número de teléfono. Alguien de nuestro personal de habla hispana se comunicará con usted para confirmar su registro y hacer los arreglos para su pago.

Por favor, espere hasta 72 horas para que nuestro personal le llame de vuelta. ¡Gracias!

10. ESTRATEGIAS E INTERVENCIONES RELACIONADAS CON LA ESCUELA CON NIÑOS CON TRASTORNOS DE APEGO

Dr. Texidor, PhD

En este taller, los participantes aprenderán sobre estrategias e intervenciones que pueden utilizarse para ayudar a los niños con trastornos de apego a tener éxito en las actividades relacionadas con la escuela.

Dr. Alberto Texidor se especializa en las relaciones cerebro-conducta, con especial experiencia en la evaluación y el tratamiento de disfunciones neuropsicológicas como resultado de abuso emocional, físico y sexual, negligencia y abandono durante la infancia, sobre todo en lo que respecta a las cuestiones de fijación y de unión. Dr. Texidor tiene más de treinta años de experiencia en la evaluación y tratamiento de niños, adolescentes y adultos con lesión cerebral traumática (TBI), trastorno de vinculación reactiva (RAD), trastorno de hiperactividad con déficit de atención (TDAH), el trastorno de estrés posttraumático (TEPT), problemas de aprendizaje, trastornos del espectro autista (TEA), la depresión, el trastorno obsesivo-compulsivo (TOC), ansiedad, trastorno de estado de ánimo y trastornos sociales. Además, el Dr. Texidor también con conocimientos y experiencia en la evaluación y el tratamiento de sobrevivientes de quemaduras y de las víctimas de monóxido de carbono. Por otra parte, el Dr. Texidor está implicada en la formación de crianza y adoptivos padres, profesionales, auxiliares docentes y padres biológicos en una gran variedad de temas, incluyendo la gestión de la cólera, el TDAH, Hitos del desarrollo neurológico en lo que respecta a los datos adjuntos, trastorno de estrés posttraumático (TEPT), ansiedades, Trastornos del estado de ánimo, y la eficacia del entrenamiento neurobiofeedback como modalidad de intervención. Dr. Texidor ha sido profesor invitado en la Universidad Estatal de Arizona en temas como lesión cerebral traumática y cambios de personalidad después de la lesión cerebral traumática.

10. ABOGANDO POR SUS HIJOS

Susana Sánchez

Abogar significa defender o propugnar una causa con apoyo activo. Como uno que aboga usted es el que intercede por el bienestar de sus hijos. Usted aboga por ellos porque necesitan apoyo o porque la voz de ellos ha sido silenciada y sus intereses, inquietudes y necesidades no están siendo tomados en cuenta.

Susana Sánchez es mexicana, nacida en Guasave, Sinaloa. Ella es licenciada en Derecho y también es Secretaria Ejecutiva Bilingüe. Estudió en México en la Universidad U de O y en el Instituto Windsor y ahora vive en USA Phoenix AZ, por los últimos 17 años. Ella ha estado trabajando para Family Involvement Center o Centro de Participación Familiar, una organización sin fines de lucro, por 6 años. Susana ha sido entrenada como un Socio de Apoyo de Padres en el Sistema de Salud del Comportamiento. También ha estado facilitando un Grupo de Apoyo Comunitario en F.I.C. Para la Comunidad Hispana/Latina durante los últimos 6 años. Susana también ha sido entrenada como un instructor en los Currículos de Padres con Propósito y Romance Eterno/Perpetuo, a través de Lazos de Familia.