



We are so excited for you to experience the 2021 AmeriCorps WV Conference!

We hope that you will take advantage of all of the wonderful training and networking opportunities that the Conference holds! Below you will find a detailed schedule of workshops, all of which will be held on Zoom. Be sure to check the Conference Webpage (<https://volunteer.wv.gov/AmeriCorps/Pages/2021-WV-AmeriCorps-Conference.aspx>) for the most up to date links and schedule of events.

Should you have any questions or technical issues, please reach out to the AmeriCorps Training Officer at [christina.l.cochran@wv.gov](mailto:christina.l.cochran@wv.gov) or by phone at 304-400-5696.

### Conference Schedule

See below for a detailed conference schedule so you can begin planning which sessions you'd like to attend! Detailed session descriptions are at the end of this packet. All AmeriCorps Members should plan to attend the Opening and Closing Keynote Sessions; you are welcome to attend as many additional workshop sessions as you would like, but we hope you attend *at least two*! To help you plan:

- Education Workshops are highlighted in YELLOW
- Health + Local Foods Workshops are highlighted in GREEN
- Conservation + Heritage Workshops are highlighted in BLUE
- Community Development Workshops are highlighted in ORANGE

## Tuesday, October 26th

9:15-9:45AM	<b>Conference Welcome and Opening Keynote</b> <ul style="list-style-type: none"><li>- Welcome from Volunteer WV and Introduce Keynote Speaker, Bil Lepp</li><li>- Opening Keynote Address from Bil Lepp - Using Storytelling to Connect</li><li>- Housekeeping Reminders about the Conference</li></ul>	
15 Minute Break		
	<b>Zoom Room A:</b> <a href="https://us02web.zoom.us/j/9483755767">https://us02web.zoom.us/j/9483755767</a>	<b>Zoom Room B:</b> <a href="https://us02web.zoom.us/j/7949706421">https://us02web.zoom.us/j/7949706421</a>
10:00-11:30AM	Engaging Adult Learners in Education	AmeriCorps in Disasters and Preparedness
15 Minute Break		
11:45AM-1:15PM	The Basics of Interpretation: How to Interpret Your Site to Your Audience	Situational Safety: De-escalation Techniques
15 Minute Break		
1:30-3:00PM	Understanding Childhood Trauma and Implications for Serving in AmeriCorps	Fostering Nourishing Networks for Community Food Security in West Virginia
15 Minute Break		

3:15-4:45PM	Historic Preservation 101	Rural Volunteer Management: Build a Strong Foundation for Volunteer Involvement
-------------	---------------------------	---

### Wednesday, October 27th

	<b>Zoom Room A:</b> <a href="https://us02web.zoom.us/j/9483755767">https://us02web.zoom.us/j/9483755767</a>	<b>Zoom Room B:</b> <a href="https://us02web.zoom.us/j/7949706421">https://us02web.zoom.us/j/7949706421</a>
10:00-11:30AM	Youth Mental Health First Aid.	Eight Dimensions of Wellness
15 Minute Break		
11:45AM-1:15PM	Environmental Education using Project Learning Tree	Finding Funds and Building Relationships with Funders
15 Minute Break		
1:30-3:00PM	Who Am I?: AmeriCorps Service Members Exploring the Role of Identity Across Service Experiences	Healthy Eating on a Budget: Nutrition and Intuitive Eating
15 Minute Break		

3:15-4:45PM	Appalachian Food and Foraging	Facilitating Effective Meetings and Events
-------------	-------------------------------	--

## Thursday, October 28th

	<b>Zoom Room A:</b> <a href="https://us02web.zoom.us/j/9483755767">https://us02web.zoom.us/j/9483755767</a>
9:00-9:50AM	<b>Coffee + Networking</b> with the AmeriCorps Member Advisory Team <b>What to Expect:</b> Join this fun, social session (with your favorite coffee mug in hand!) to meet more of your fellow AmeriCorps Members serving across WV. We will have fun prompts to make it easy to connect! We guarantee you will walk away with a new friend or two!
15 Minute Break	
10:00-11:30AM	<b>Part 1: Creative Mentoring Strategies: Supporting Students' Mental Health</b> presented by Dr. Christine Schimmel <b>What to Expect:</b> There have been substantial increases in stress and anxiety for students due to the recent pandemic. Research demonstrates that teaching students a meaning making system such as a growth mindset can assist in compensating for the negative effects of traumatic events. This session will help participants at all skill levels understand the connections between growth mindset and the protective factors that help children develop resilience. The session will provide participants with a number of creative ideas that can be used as universal and targeted interventions to assist both individual students and groups of students. Participants will leave the session with an easy-to-use Social Emotional Learning toolkit that has age-appropriate mentoring strategies to support student mental health.
15 Minute Break	

11:45AM -1:15PM	<p><b>Part 2: Creative Mentoring Strategies: Supporting Students' Mental Health</b> presented by Dr. Christine Schimmel</p>
15 Minute Break	
1:30- 3:00PM	<p><b>AmeriCorps 101 and Resources for AmeriCorps Members</b> - with Volunteer West Virginia and Sharrell Harmon, AmeriCorps Alum</p> <p><i>Recommended for all 1st year AmeriCorps Members!</i></p> <p><b>What to Expect:</b> Let us demystify how you fit into the bigger picture of AmeriCorps! In this session, we will break down the history of AmeriCorps in WV, the different types of AmeriCorps Programs, and the resources that you should be aware of to help you through your service term.</p>

## Friday, October 29th

	<p><b>Zoom Room A:</b> <a href="https://us02web.zoom.us/j/9483755767">https://us02web.zoom.us/j/9483755767</a></p>
10:00- 11:30AM	<p><b>AmeriCorps Conference Closing Keynote and Swearing-In Celebration</b></p> <ul style="list-style-type: none"> <li>- Remarks from Volunteer WV</li> <li>- Recognition of the AmeriCorps Advisory Team</li> <li>- Introduce Keynote Speaker, Carey Jo Grace, Community Organizer with Our Future West Virginia</li> <li>- Closing Keynote Address from Carey Jo Grace - The Role of Community in Creating Lasting Change</li> <li>- Swearing-In Ceremony: New, Returning, and Continuing Members will commit to their service through the AmeriCorps Pledge</li> <li>- Remote Service Project Discussion and Acknowledgements</li> </ul>

## Workshop Descriptions

### Education Workshops

- Engaging Adult Learners in Education - Presented by Judith Whipkey, Bridge Valley Community College  
This session will encompass strategies that help the adult learner develop confidence and accomplishment in their educational journey. Attendees will learn:  
Who are the Adult Learners in West Virginia? How do they compare with traditional college-age students? How can we make them feel like they are a part of the higher education culture? How can we make Adult Learners feel more at ease with continuing their education and provide them with strategies for success? How does the Adult Learner's life/work experience equate to college-level learning? What are some of the non-traditional learning environments?
- Understanding Childhood Trauma and Implications for Serving in AmeriCorps - Presented by Bob Shogren, Casa Grande Alliance  
Adverse childhood experiences (ACEs) are traumatic events that can impact the developing brain and have life-long impact on the ability of people to thrive. Yet, it is possible to foster resilience and equip people with tools to respond and to bounce back. This workshop includes practical exercises to encourage trauma-informed approaches to working with people of all ages, backgrounds, and abilities.
- Youth Mental Health First Aid - Presented by Katherine Heatherly  
Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. This session will include data of need, an introduction to YMHFA, testimonies, and how to get connected for further training.
- Who Am I?: AmeriCorps Service Members Exploring the Role of Identity Across Service Experiences - Presented by Dr. Talia Carroll, Kinetic Connections Consulting  
As AmeriCorps members, we are committed to service to others and help strengthen communities. We must, then, consider the many ways we show up as volunteers when working with and across numerous and diverse communities in the state. Let's connect about YOU and what you bring to national service.

### Health + Local Foods Workshops

- AmeriCorps in Disasters and Preparedness - presented by Gina Namay, Disaster Services Lead - Volunteer WV, and Katrina French, AmeriCorps DSU  
If a natural or man-made disaster impacts you or your community, would you have the things you need on hand to take care of yourself, your home and your family? As an AmeriCorps member, you are in a unique position to use your experience as a service member to start the conversation about being prepared. In this session, join us to learn the four basic steps that can help you be better prepared for disasters, and how the AmeriCorps Disaster Services Unit helps communities prepare for, respond to, and recover from disaster events across the country. During this session you'll learn more about how each AmeriCorps and AmeriCorps Seniors programs help disaster affected communities.

- Fostering Nourishing Networks for Community Food Security in West Virginia - Presented by Joshua Lohnes, Food Justice Lab at WVU  
Across West Virginia many people confront significant barriers to accessing affordable, adequate, nutritious foods. Nourishing Networks is a healthy food access planning workshop developed by the WVU Center for Resilient Communities to foster a network of community-based organizations and food system stakeholders that can effectively develop cross-sectoral strategies to enhance community food security. This workshop will introduce participants to the Nourishing Networks curriculum and its complimentary data resources available through the WV FOODLINK website. Participants will gain a foundation from which to begin organizing community food security initiatives in their respective communities.
- Eight Dimensions of Wellness - Presented by Faith Saunders, Discover A New Future  
Studies show that in order to lead a fulfilling and balanced life, we need to pay attention to eight key areas. During this interactive training, participants will be introduced to the eight dimensions of wellness. They will do a self-assessment to ascertain their wellness in all eight dimensions of wellness and create a personal Action Plan that will help them to address one dimension of wellness that they are not satisfied with.
- Healthy Eating on a Budget: Nutrition and Intuitive Eating - Presented by Carrie Dennett, Nutrition by Carrie  
Participants will gain practical strategies for eating a nutritious diet on a limited food budget. They will also learn, with the help of some of the principles of Intuitive Eating, how to assess what type of eating plan is right for them without trying to follow a generic plan that may not be sustainable due to cost, level of difficulty or lack of appeal.

### **Conservation + Heritage Workshops**

- The Basics of Interpretation: How to Interpret Your Site to Your Audience - presented by Joseph Obidzinski, Program Coordinator for History and Heritage Programming - WVU Jackson's Mill  
  
This session will provide participants the opportunity to learn what interpretation is, the basic rules of it, and how to use it effectively for their programs. This will provide a basic framework for developing a program/presentation/exhibit for their site. It will also provide resources which will help and guide them as they continue the development of those things. We will also discuss the importance that interpretation can play in the health, growth, and longevity of a site.
- Historic Preservation 101 - Presented by Danielle Parker, Preservation Alliance of WV  
In this session, the Preservation Alliance of West Virginia's executive director, Danielle Parker, will present an introduction to historic preservation. Parker will cover topics that may help AmeriCorps members assisting with community development, tourism, and educational organizations as she will discuss resources and tools that are available to connect the public with its history and preserve places that matter most to communities.
- Environmental Education Using Project Learning Tree - Presented by Linda Carnell, WV Division of Forestry, Andy Sheetz, Jesse King, and Johnny King  
This session will explain and demonstrate hands-on, stem activities from Project Learning Tree's early childhood module, K through 8 module, and some activities used for higher grades. Opportunities to take a full class in any one of these project learning tree modules will be available at a later time.

- Appalachian Food and Foraging - Presented by Bette O'Steen

West Virginia is home to many herbs, native foods, and medicinal plants that serve all types of purposes and have been a staple of Appalachian life throughout history. Join Bette O'Steen, Foraging Expert, for a fun and engaging session on uniquely Appalachian foraging. Even life-long West Virginia residents might learn a thing or two about the woods that we call home!

### **Community Development Workshops**

- Situational Safety: De-escalation Strategies - presented by Crisis Consultant Group

This session will cover effective workplace violence prevention techniques focusing on verbal de-escalation skills which prevent violent behavior, and mitigate crisis situations in a given workplace environment. In addition, the curriculum provides methods to intervene, deescalate, and calm challenging and/or violent behavior. All techniques are non-threatening and non-confrontational, geared towards diffusing escalated behavior safely and immediately. These methods are principled towards maintaining the dignity, respect, and safety of all persons involved.

- Rural Volunteer Management: Build a Strong Foundation for Volunteer Involvement - Presented by Volunteer West Virginia

One of the goals of Volunteer West Virginia is to make volunteering more accessible to West Virginia residents, and to help organizations that need volunteers find them and manage them well! Join this session for Module 1 of our newly developed Rural Volunteer Management Curriculum: Build A Strong Foundation for Volunteer Involvement. In this session, you will learn how to set the stage for success with a clear rationale for volunteer involvement, define roles & responsibilities for volunteers for both short-and-long-term opportunities, assess, prioritize, and manage the risks related to volunteer involvement, and create an inclusive onboarding & orientation process that welcomes volunteers from all walks of life.

- Finding Funds and Building Relationships with Funders - Presented by Alice Ruhnke, The Grant Advantage

The first step in the grant writing process is to find appropriate funders that match the vision and mission of your nonprofit organization. During this webinar, we will discuss ways to find funding opportunities from foundations, corporations, and federal and state governments. However, developing relationships with funders is an additional step that requires thoughtful consideration. We will review best practices, "do's and don'ts," and strategies to help you build those relationships that will enhance your grant writing success!

- Facilitating Effective Meetings and Events - Presented by Brent Kossick, Aligned Impact Consulting

If you suspect that you will ever need to facilitate an in-person or virtual meeting or training event, this workshop is for you! Participants will take away a series of tips, tricks, and resources from a certified meeting facilitator that they can use to help them ensure to keep their future audiences engaged and productive.