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**THURSDAY, SEPTEMBER 26**

**7:30 to 8:30 a.m**.

Registration and Networking Breakfast, Exhibitor Hall Open

**8:30 to 9:00 a.m.**

Warm Welcome, Opening Comments, and Introductions

**SPEAKERS**:   
Heidi Brown

LIGHTS on AFTERSCHOOL 2024! Call to Action!!

**SPEAKERS**:   
Adriana Slaughter and Beyond the Bell Staff

**9:00 to 10:00 a.m**.

Conference Keynote

**SPEAKERS**:   
Katherine Spinney

**10:00 to 10:15 a.m.**

Break and Visit Exhibitor Hall

**10:15 to 11:30 a.m. Breakout Session**

Professional Development for the Afterschool Professionals - Pioneer Room

*Sponsors: Des Moines Public Schools, Beyond the Bell, and Burlington CSD should attend*

**SPEAKERS**: Katherine Spinney, Katherine Spinney Coaching LLC

Workshops and conferences (like this one!) are great, and there are lots of other types of professional development opportunities you can and should be using with your staff to strengthen their growth and increase your staff retention. This session will challenge you to think more broadly about what professional development can look like for your staff while giving them more ownership over their own growth.

Trauma-Informed Youth Environments – Green Acres Room

**SPEAKERS**: Lisa Cushatt, Iowa ACEs 360

This session will provide a brief overview of trauma reactions before learning how to identify trauma reactions in youth settings. Participants will then discuss trauma-informed response in the youth settings and how to align policy and practice to support such responses.

21CCLC RFP Technical Assistance Meeting – John Deere Room

**SPEAKERS**: Vic Jaras, Iowa Department of Education

Technical assistance for organizations interested in applying for the 2024-25 21st Century Community Learning Centers Grant.

**11:30 to 12:30 p.m.**

Lunch Break and Visit Exhibitor Hall

**12:00 to 12:30 p.m.**

IAA Youth Board Presentation

STEM for All – Youth Initiative

**12:30-12:45 p.m. 21CCLC STARS Awardees**

**1:00 to 2:15 p.m. Breakout Session**

Making STEM Connections Afterschool! - Pioneer Room

**SPEAKERS**: Jolie Pelds, Science Center of Iowa

Are you looking to provide more fun and engaging STEM experiences in your afterschool offerings? This workshop is an introduction to the Making STEM Connections After School program developed by the Science Center of Iowa. Hundreds of educators, school and organizations in Iowa have participated in the Making STEM Connections program. This version is specially adapted for the after school/out of school setting. Participants will utilize the tools and equipment offered with the program as well as experience the foundational elements of inquiry-based learning. Join us to learn how to use youth’s questions and interest to guide learning in Science, Technology, Engineering and Math.

Conscious Discipline for Afterschool – Green Acres Room

**SPEAKERS**: Cassie Gerst

This workshop will provide proven, real-world solutions targeting the needs of your site supervisors and directors. Discover how to lead your program with an evidence-based approach that fuels academic and life success for all stakeholders. Burlington CSD's PiECES Afterschool Administrator will share the foundation of Conscious Discipline's adult-first mindset shift to handling our own upset, classroom disruption, and youth behaviors. The workshop will present how PiECES implements Conscious Discipline with their staff, improves staff retention, and reduces student behaviors. Workshop is geared toward Supervisors and Lead Directors.

21CCLC Partnerships for the Future! – John Deere Room

**SPEAKERS**: Vic Jaras, Iowa Department of Education

Community Partnerships are the key to sustainability and longevity of afterschool programs! Join Vic Jaras from the IDOE to learn about how partnerships strengthen programs and explore innovative solutions.

**2:15 to 2:30 p.m.**

Break and Visit Exhibitor Hall

**2:30 to 3:45 p.m. Breakout Session**

Rest: Mission Impossible - Pioneer Room

**SPEAKERS**: Michelle Wilson, Radiant Wellness Solutions

Feeling burnt out as an afterschool professional? This workshop will help you uncover the three layers of exhaustion—physical, mental, and life purpose—and develop strategies for a more mindful and restful life. Participants will: In this workshop, participants will experience mindfulness through the powerful lens of rest. Workshop participants will:

* Explore the seven types of rest
* Complete a rest assessment
* Build a toolkit of rest practices
* Create a personalized plan for a more balanced life
* Gain a first-hand experience of the practice of non-sleep deep rest (also known as yoga nidra)
* Explore practical ways to incorporate rest into daily life as a busy professional

Note: The practice of non-sleep deep rest is an evidence-based tool that anyone can benefit from practicing. There is no previous experience required to attend this workshop. The non-sleep deep rest practice will take place seated. A guided audio practice recording will be available for all workshop participants to continue exploring at home.

Trauma Informed Care and Special Considerations for Children in Foster Care – Green Acres Room

**SPEAKERS**: Elisa Koler, Iowa Department of Education

This presentation will provide information about the foster care system and how to provide additional support for children and youth who are involved in the child welfare system. While trauma informed strategies are especially helpful for students in foster care, these strategies will ultimately benefit all students.

Empowering Kindhearted Kids – John Deere Room

**SPEAKERS**: Icle Freeland, Two by Two Character Development

Character development and social emotional learning are more important than ever in our world today, as adults and children struggle to develop healthy relationships, connect with the world around them, and become emotionally stable. Please join Two by Two Character Development to explore adult social emotional learning strategies, the importance of explicitly teaching core values, and giving children an authentic voice. Plan on loading up your "tool-belt" with lots of fun and engaging ways to engage children during before and after-school time. Participants will engage in activities such as Life is a Theater, the Core Value Activity, and more! We will also demonstrate the importance of connection, demonstrated through the Kindhearted Kids Program, which combines character development and children’s all-time favorite topic: animals.

Join us in creating a kinder world and walk away feeling empowered and rejuvenated for the important work you do.

**FRIDAY, SEPTEMBER 27**

**8:00 to 8:30 a.m**.

Networking Breakfast- Out of School Time Career Pathways Presentation

**8:30 to 9:40 a.m. Breakout Session**

Designing the Program Evaluation You Can Use! - Pioneer Room

**SPEAKERS**: Brooke Findley, Chrysalis Foundation

Understanding and measuring the true impact of afterschool programs is crucial. Research consistently demonstrates that high-quality afterschool programs can have lifelong benefits for students. However, how do we effectively track program results? What metrics do we prioritize? And how meaningful are the outcomes we gather? These questions are pivotal in shaping our approach to program evaluation. There is no one-size-fits-all formula for perfect program evaluation, especially since each afterschool program is unique. Join us as we explore a case study detailing the steps taken by the Chrysalis Foundation and their external evaluator, Dr. Wade Leuwerke of Aptiture Consulting, to develop and implement a robust evaluation strategy for the Chrysalis After-School program. We will share how the 20+ year-old program has an evaluation strategy that produces insightful results, informs decision-making, and facilitates effective communication, ensuring that findings are actionable rather than relegated to a shelf.

Fueling Children with Afterschool Nutrition Programs – Green Acres Room

**SPEAKERS**: Lisa Nolting, Iowa Department of Education & Jenn Schultz, Iowa Department of Education

This session will provide an overview of the United States Department of Agriculture Child Nutrition Programs that are available to afterschool program operators. This session will highlight eligibility requirements of each program, organization responsibilities, meal patterns, reimbursement and how to apply to participate. Child Nutrition Programs are effective in alleviating food insecurity, supporting good nutrition, and improving health and learning. These programs align well with other child serving programs and activities to further enhance program operation and effectiveness.

Becoming a Leader! – John Deere Room

**SPEAKERS**: Yana List, National Technical Assistance

This course for out of school time leaders (and aspiring leaders) helps you understand and use the 10 pillars of servant leadership to develop yourself, your staff, and your program. The 10 pillars are listening, empathy, healing, self-awareness, persuasion, conceptualization, foresight, stewardship, growth and community.

**9:45 to 11:00 a.m. Breakout Session**

Build Connections with Experiential Games - Pioneer Room

**SPEAKERS**: Jane Jeffries, Community Youth Concepts & Julie Cackler, Community Youth Concepts

We all know that connection before content can make a difference to providing positive youth development experiences. This session will provide low to no-prop experiential games that can be taken back to your own after school program to build connections and support social-emotional learning that can support program content goals. Session attendees will be asked to actively participate and reflect on the experience as a group to improve the takeaways. Facilitators will answer questions and share tips to help support inclusion, social-emotional learning and group development for students. Areas of impact that will be touched on include voice and choice, motivation, empathy, communication, self-awareness, health and brain chemistry.

RISE for Out of School Time – Green Acres Room

**SPEAKERS**: Crystal Hall, Tanager Place

Tanager's RISE framework explores concepts of Relationships, Indicators of Well-being, Social-Emotional Development, and Enhancements to better support all individuals connected to your out-of-school time program. The presenter will explore ways you as individual care providers connect and promote overall health and well-being with youth in your programs.

Guiding Positive Student Behavior – John Deere Room

**SPEAKERS**: Yana List, National Technical Assistance

This course helps out of school time program leaders and frontline staff understand how stress, trauma, sensory needs, and other factors can affect behavior. It shows ways to guide student behavior through reflection, redirection, and restorative practices that build trust and accountability.

**11:05 to 12:20 p.m. Breakout Session**

Window Shopping for Cultural Programming - Pioneer Room

**SPEAKERS**: Karen Allen, CultureALL

CultureALL enhances Iowa's inclusivity by offering programs that celebrate cultural diversity and promote acceptance. With nearly 20 years of experience, a network of Ambassadors from 40+ cultures, and expert DEI consultants, CultureALL is a leader in cultural appreciation. In our session, participants will explore CultureALL's school programs, experience world cultures through interactive workshops, engage in impactful discussions, and address DEI challenges to foster a sense of belonging in schools.

Engaging Programs for High School Students: Lessons in Leadership – Green Acres Room

**SPEAKERS**: Brooke Findley, Chrysalis Foundation & Dr. Wade Leuwerke

Founded in 1989, the Chrysalis Foundation empowers adolescent girls through programs like Chrysalis After-School, which has supported over 10,000 girls since 1998 with a $4 million investment in social, emotional, and academic development. In 2013, we introduced the GirlPower Program, focusing on healthy relationships, dating violence awareness, and leadership through mentorship. Rigorous evaluations have shown significant positive impacts on participants. Join us in sharing insights on engaging high school students in out-of-school programs to empower the next generation.

Career Readiness & Beyond: The Power of VR Technology – John Deere Room

**SPEAKERS**: Mallory Riesberg, Boys and Girls Clubs of Central Iowa & Isabell Akers, Boys and Girls Clubs of Central Iowa

Engaging teens and tweens in authentic, hands-on experiences aimed at career exploration and workforce readiness can be a challenging task in the out-of-school time environment. By incorporating VR technology into life and workforce readiness programming, teens can experience a variety of career paths, industries, and skill building. In addition to improved engagement, this tool has provided opportunities to develop and/or deepen relationships with employer partners to support more intentional collaborative programming efforts. In this training, we will dive into how this VR technology pulls together career exposure, teen and tween engagement, skill-building, and employer partner collaborations. Participants will have a firsthand look at some of the career exploration simulations and will discuss strategies and other best practices regarding implementation and facilitation for this tool in programming.

**12:20 to 12:50 p.m**.

Lunch – Take home available for those traveling

**12:50 to 3:00 p.m**.

Conference is adjourned, ballroom available for networking meetings.