

Today is the Alaska Home Visitors Alliance Annual Virtual Summit!

Final Call: We Start at 9:00 AM!

The wait is over! **The Alaska HVA Annual Virtual Summit kicks off TODAY, April 9, from 9:00 AM – 4:00 PM**, and the doors are officially wide open! This year's theme, *Equipped for Excellence*, is all about elevating home visiting practices across Alaska—and we know that excellence is a team sport.

Because home visiting is fueled by collaboration, we encourage the **caregivers and partners** who work side-by-side with our home visitors to join as well. Whether you are on the front lines or providing the vital support system behind the scenes, your voice belongs in this circle.

Why you need to be there:

- **Sharpen Your Skills:** Get the latest tools to take your practice to the next level.
- **Strengthen the Connection:** Network with statewide colleagues and the partners who make our work possible.
- **Zero Cost:** High-impact professional growth, completely FREE.

Questions about registration? Please email Reanne at rqueja@a2p2.org
Are you registered and having trouble logging in? Please email Christine at ckmojica@alaska.edu

Register Here!

EQUIPPED FOR EXCELLENCE: ELEVATING HOME VISITING PRACTICES ACROSS ALASKA

2026 ALASKA HOME VISITORS ALLIANCE ANNUAL VIRTUAL SUMMIT



The much-anticipated annual summit is once again on the horizon! Join us for an immersive educational experience designed to strengthen your skills, nurture your resilience, and connect our diverse community of practitioners.

- ✓ Thursday April 9th 2026
- ✓ 9:00-4:00 PM AKST
- ✓ FREE & Virtual!
- ✓ SEED Approved Training



Registration is OPEN! Save your FREE seat in our virtual front row! For questions, please reach out to rqueja@a2p2.org

2026 ALASKA HOME VISITORS ALLIANCE SUMMIT SPEAKERS



Shannon Parker
HVA Co-Facilitator



Reanne Honemann-Queja
HVA Co-Facilitator



Gwendolynn Gabbert
Land Acknowledgement



Dr. Kevin Gruenberg
Morning Keynote



Angela Rau
Afternoon Keynote



Maria Rojas
Afternoon Movement



Joclyn Reilly
Afternoon Breakout



Jodi Sides
Afternoon Breakout



Pamela Finch
Afternoon Breakout



Susan Kessler
Afternoon Breakout






Dr. Kevin McKeown
Afternoon Breakout





2026 ALASKA HOME VISITORS ALLIANCE ANNUAL VIRTUAL SUMMIT

APRIL 9, 2026 9:00-4:00 PM AKST VIRTUAL

9:00 AM	Opening Remarks Welcome & Land Acknowledgement	
9:15 AM	Keynote Speaker Dr. Kevin Gruenberg - Love, Dad	
10:30 AM	BREAK	
10:45 AM	Keynote (continued) Dr. Kevin Gruenberg - Love, Dad	
12:00 PM	Lunch Break 30 Minutes	
12:30 PM	Afternoon Keynote Angela Rau, ACTT Consulting	
1:45 PM	BREAK	
2:00 PM	Move & Reset: Guided Yoga Break Maria Rojas	
2:30 PM	Afternoon Breakout Sessions See program for session details	
3:45 PM	Closing Remarks & Survey Survey completion is required to receive certificate of attendance.	
4:00 PM	Summit Concludes	

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2026 ALASKA HOME VISITORS ALLIANCE ANNUAL VIRTUAL SUMMIT: MORNING LARGE GROUP SESSIONS

Land Acknowledgement
Gwendolynn Gabbert
Southcentral Foundation,
Nutaqsivik Tribal Home
Visiting Program



Acknowledgement of Dena'ina Lands
Gwendolynn leads interactive land acknowledgements highlighting the Alaska Native people of the past, present, and future. Gwendolynn always uses these opportunities to teach new words and ways to honor the land that participants live on.

Morning Keynote
Dr. Kevin Gruenberg
Love, Dad



Including Fathers to Promote Family Wellbeing in Home Visiting
Family well-being depends on the well-being of every caregiver. Home visiting's support of all parents, including fathers, is foundational to promoting resilience in early childhood and strengthening families. Yet home visiting and related systems that serve families with young children often engage fathers at low rates, limiting the impact of services. Addressing this gap requires a workforce prepared to engage the whole family with competence, confidence, and intention. This engaging and interactive session explores the interconnected nature of family well-being and provides practical strategies to strengthen father engagement. Participants will learn:

- The benefits of father involvement for child development and family functioning
- Paternal mental health challenges and their impact on caregivers and children
- Concrete approaches to effectively engage fathers in services and conversations.

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2026 ALASKA HOME VISITORS ALLIANCE ANNUAL VIRTUAL SUMMIT: AFTERNOON LARGE GROUP SESSIONS

Afternoon Keynote
Angela Rau,
ACTT Consulting



The Neuroscience of Change: Fear, Curiosity, and Hope: A Practical Toolkit for Workforce Resilience

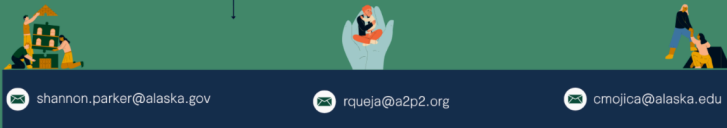
Home visitors across Alaska serve families in complex, high-stress environments. Understanding how the brain and body respond to stress and hope is not just helpful, it is protective. This interactive session translates neuroscience into practical tools for frontline professionals. Participants will explore how the nervous system responds to change, why fear and resistance arise first, and how curiosity and hope can be intentionally activated. Rather than viewing stress responses as personal shortcomings, participants will reframe fear as protective wiring and recognize hope as a realistic, action-oriented state. Through reflection, discussion, embodied regulation practices, and guided visualization, attendees will practice shifting from survival states into regulated, hopeful states that support clear thinking and connection. Grounded in strengths-based principles, this session equips home visitors with adaptable strategies they can use immediately for their own well-being and to foster hope-centered environments for families they serve. Fear protects; hope propels. Curiosity bridges — and strengths make it possible.

Move & Reset
Maria Rojas,
Remote Office Yoga



Move & Reset: A Guided Yoga Break

Long days supporting families and caring for others can take a toll on the body and mind. This 30-minute guided movement session offers a simple reset through accessible chair-based yoga, gentle stretching, and breathing practices that can be done anywhere. Designed for busy professionals and welcoming to all levels, the session focuses on practical techniques to release tension, restore energy, and improve focus during the day. Participants will leave with easy-to-use movements and calming tools they can use themselves and share with the parents and families they support—to bring more ease and balance into everyday routines.



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2026 ALASKA HVA SUMMIT: AFTERNOON BREAK OUT SESSIONS

Introduction to Pyramid for Home Visiting
Shannon Parker &
Susan Kessler



Introduction to Pyramid for Home Visiting

The Pyramid Model is a research-based framework designed to support the social and emotional competence of infants and young children. This introductory session is specifically adapted for Alaska's home visitors, focusing on how to implement the model's foundational tiers within the home environment. Participants will explore the importance of an "Effective Workforce" as the base of the pyramid and learn how to foster "Nurturing and Responsive Relationships" and "High-Quality Supportive Environments" We will discuss how these universal supports can be adapted to respect Alaska's diverse cultural contexts and geographic realities, providing a solid "nest" for children and families to thrive

Connections, Support, and Referrals for Perinatal Mental Health
Joclyn Reilly,
Providence Alaska



Connections, Support, and Referrals for Perinatal Mental Health

In this workshop we will learn how to respond compassionately and effectively when clients are struggling with mental health concerns. We will discuss screening tools, next steps, and resources that benefit you and your clients. I want you to feel more confident in your role in these discussions.



*Please select one Break Out Session to attend. All sessions will be recorded and available to watch after the Alaska HVA Summit concludes.

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2026 ALASKA HVA SUMMIT: AFTERNOON BREAK OUT SESSIONS

Reducing Sleep-Related Infant Deaths Through Safe Sleep Practices

Jodi Sides & Pamela Finch
Southcentral Foundation
Nutaqsiivik Tribal Home
Visiting Program



Reducing Sleep-Related Infant Deaths Through Safe Sleep Practices

This session will examine current infant mortality data in Alaska alongside the latest evidence on safe sleep practices. Participants will explore the key pillars of the 2022 AAP safe sleep recommendations and understand how these guidelines reduce the risk of sleep-related infant deaths. The presentation will also introduce practical communication strategies for discussing safe sleep with families, including techniques for navigating sensitive or challenging conversations.

Constipation in Kids: What to do When the Bowels Won't Budge

Dr. Kevin McKeown
Pediatric
Gastroenterologist,
Salt Lake City, Utah



Constipation in Kids: What to do When the Bowels Won't Budge

Constipation is a common condition in pediatric patients of all ages, and clinicians in all specialties care for children with constipation. Identifying and treating constipation can be challenging, particularly when children are refractory to first line therapies. Management can be complicated by behavioral and social challenges. This presentation will provide an overview of common causes, work-up, and interventions to help address the most common GI problem in pediatrics.

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