

When Parents Lead, Kids Succeed.

2018
Uplift
Families



Parenting CONFERENCE

Saturday, September 29th

5:30 p.m. - 9:00 p.m.

Utah Valley Convention Center

220 W Center St | Provo, UT

Special Musical Performance by:

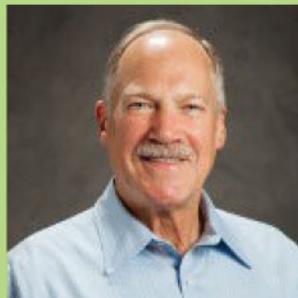


**JENNY OAKS BAKER
& FAMILY FOUR**

Uplift Families is
the initiative of
First Lady of Utah
Jeanette Herbert



Featuring **TIPS** Talks by:
Matt Townsend
Dr. J. David Hawkins
Jeff Griffin
Debra Washburn



Thank You Sponsors

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PLATINUM Level



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GOLD Level



SILVER Level



BRONZE Level





An Invitation from First Lady of Utah, Jeanette Herbert

*I*t's Uplift Families Parenting Conference time again and I am excited to host another wonderful evening. This year our conference will be held at the Utah Valley Convention Center in Provo on September 29, 2018.

The conference will include a delicious Italian dinner, world-class entertainment and renowned speakers giving TIPS talks addressing some of the most critical parenting issues today. There will also be educational booths and exhibits. Additionally, we will have great prizes and giveaways to top off the evening.

As a parent, trying to navigate your way through all the complexities of parenting can be challenging and sometimes overwhelming. My initiative, Uplift Families, is here to offer vetted resources and information through our website, UpliftFamilies.org, to help guide you in taking on the complex job of parenting. By getting the right information, parents can move forward with confidence and give their children the skills they need to make safe and healthy choices.

Having strong families throughout our state is essential in making Utah the best place to live and raise a family.

Remember, "When Parents Lead, Kids Succeed".

I hope to see you there!

**– First Lady of Utah Jeanette Herbert
President, Uplift Families**





“Our organization believes that to have a strong viable state, we must have strong viable families. We have great concern for the children of Utah and the negative influences they are exposed to. We believe strongly that by getting the message out to parents as to the critical nature of their positive involvement with their children, we can help turn the tide of juvenile problems that we see as a growing threat to our society.”

*– First Lady of Utah
Jeanette Herbert*

Our Vision

To promote happiness, prosperity and societal stability through strong families and meaningful parent-child relationships. We believe that strong parent-child relationships are the key to providing children with tools and encouragement to make healthy and safe choices in their lives, keeping them free from drugs, alcohol, violence, crime and pornography. Uplift Families’ goal is to provide information through web based resources, social media, educational materials, and by hosting yearly conferences on parenting and family issues.

Our Mission

Our mission is to strengthen families by connecting parents with programs, resources and information — both from Uplift Families and partner organizations — that help parents acquire the skills necessary to raise loving, responsible children.

Uplift Families Board of Directors

President:	First Lady of Utah Jeanette Herbert	Members:	Barbara Smith
Vice-president:	Abbie Vianes		Margaret Wahlstrom
Secretary:	Ruth Norton		Clark Snelson
Treasurer:	Darcy Kruitbosch		Laura Miller
Executive Director:	Steve James		Elaine Dalton
			Barbara Leavitt

Additional thanks to the following:



CACTUS & TROPICALS



Utah's Prevention System

Utah parents have the ability to decrease the burden of behavioral health problems on their children and communities. The Utah Division of Substance Abuse and Mental Health supports parents and families by providing resources and technical assistance to neighborhood efforts to reduce suicide, substance abuse, delinquency, and other behavioral health issues. You can be part of the solution in your community!



For more information on how to buffer your community and children against the many negative effects in our environment, get involved in local prevention efforts see dsamh.utah.gov/prevention

Quick Facts:

- Underage drinking cost the citizens of Utah \$218 million in 2013
- An average of 21 Utahns die as a result of prescription opioids (pain killers) each month
- Marijuana use increased from 2001 to 2013 in all grades surveyed
- The number of students who need mental health treatment increased from 11.2% to 15% in 2015
- 50% of mental, emotional and behavioral disorders are diagnosable by age 14 and 75% by age 24
- Almost 25% of all adult stays in community hospitals involve a mental health or substance use disorder



About First Lady of Utah Jeanette Herbert

Jeanette Herbert, First Lady of Utah, was born in Preston, Idaho, and moved with her family as a young child to Springville, Utah. The First Lady graduated from Springville High and while attending college, met her husband of 48 years, Gary Herbert.

After the two married, they settled in Orem, Utah. After 13 years of marriage and while raising their six children, Mrs. Herbert opened a commercial child care and preschool, the Kids Connection, which she ran for 23 years. For 13 years, she also operated K.C. Kids' Club, an hourly drop-in center.

In addition to her family and business responsibilities, the First Lady has always been an active member of her community. She served on the Provo-Orem Chamber of Commerce, where she was the chairperson of the Partners in Education committee. She was also vice-chairperson of the Utah County Bicentennial Committee and served as a board member of the Utah Private Child Care Association.

In 2003 Mrs. Herbert was named Businesswoman of the Year by the Provo-Orem Chamber of Commerce. In 2009 she received the Utah Valley Chamber of Commerce "Woman Making a Difference" Award. She was a recipient of a Utah Women's Leadership Award at the 2014 Sundance Film Festival Utah Women's Leadership Celebration. In 2016, as Utah's First Lady, Mrs. Herbert was a distinguished honoree at Utah Valley University's Women's Walk Gala. In 2017, she received the Sandy City Titan Award. In 2018, the First Lady was a recipient of the Utah National Guard Bronze Minuteman Award and the Federation of United Mexicans in Utah's Tonáhuac Award.

Mrs. Herbert serves on the Governor's Mansion Foundation Board, Governor's Artist Series Board and is also involved with the Leadership to Keep Children Alcohol Free Foundation. In addition, she serves as Honorary Chair of the Child Care Committee at the Utah Refugee Center. The First Lady's initiative is called Uplift Families. The goal of this initiative is to promote good parenting skills, strengthen families, and offer resources to parents throughout the state.

The Herberts are the proud parents of six children (three sons and three daughters) and the very proud grandparents of 16 grandchildren.

Mrs. Herbert enjoys sewing and decorating. She also loves to golf. Her favorite activity, however, is spending time with her children and grandchildren, all of whom live in Utah County.

When Parents Lead, Kids Succeed.



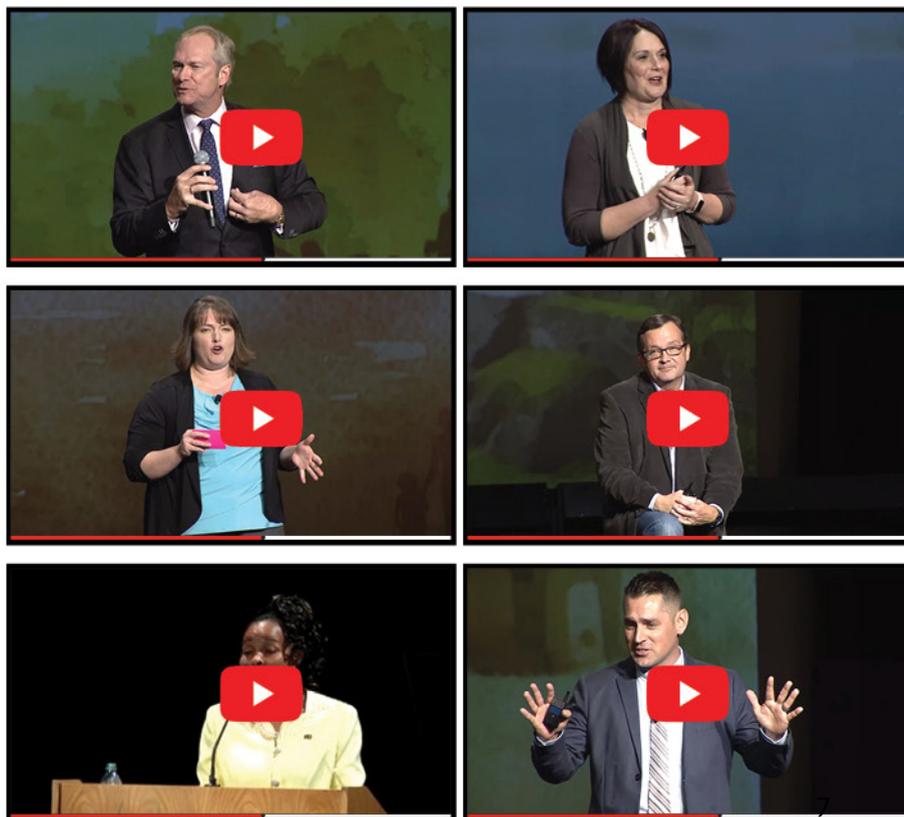


Uplift Families Parenting CONFERENCE

A highlight of Mrs. Herbert's initiative is an annual parenting conference. Each conference features presentations from renowned speakers and experts on the family in addition to First Lady Jeanette Herbert. The Uplift Families Parenting Conference features "TIPS" (Teaching Important Parenting Skills), which are abbreviated 10-20 minute concentrated talks containing valuable bytes of information addressing themes and issues that affect parents and families. The TIPS are filmed at the conference and are posted on the Uplift Families YouTube Channel and website. The conference includes an exhibit area with booths provided by sponsors, presenters and organizational partners that offer information, programs, resources and services that benefit the family.



The Uplift Families YouTube Channel features TIPS talks given at Uplift Families Parenting Conferences. Also included are message-based commercials, interviews and other material supporting the mission and scope of Uplift Families. Content found on the YouTube Channel can be used as resources for individuals, parents, families and community organizations.



An essential component of "Uplift Families" is UpliftFamilies.org, a meaningful and functional resource for parents and families. A main feature of the website is the Parent Resource Center, where parents can find answers to important questions and be connected to select programs, organizations, and agencies that provide important information to help enhance parenting skills. The website also showcases TIPS (Teaching Important Parenting Skills) talks by presenters from Uplift Families Parenting Conferences. Additional website features include pertinent articles and other information that strengthen families, address parenting issues and support the Uplift Families mission.

Uplift Families Website

www.UpliftFamilies.org



Looking for Answers to Parenting Questions?

www.UpliftFamilies.org provides valuable resources for parents and families. Our **Parent Resource Center** features hundreds of links to trusted family information sources according to age and category.

Chat - CrisisLine
Opens 2 - way messaging with a SafeUT CrisisLine counselor.

Submit a Tip
Submit confidential tips to school administrators on bullying, threats, or violence.

Call - CrisisLine
Tap this to speak to a SafeUT CrisisLine counselor. The CrisisLine number will appear and you can call immediately.

2011 - First "Golf For Kids' Sake" fundraising event

2015 - Received Alfred P. Sloan Awards for Business Excellence in Workplace Flexibility

2016 - Received United Way of Salt Lake Promise Partner of the Year award

1,200 Served more than 1,200 children

2017 - Once again recognized as a "Pinnacle Agency" by Big Brothers Big Sisters of America
- Received Utah Ethical Leadership Award for Nonprofits from Daniels Fund

Big Brothers Big Sisters of Utah
Sign up to volunteer today at BBBSU.org

Thanks to all who helped make our first 40 years great!

The Center for Parenting Education
A resource to help parents do the best job they can to raise their children.

Home
About Us
Library of Parenting Articles
Personal Parenting Coaching
Recommended Books
Resource Directory
Contact Us

LIBRARY OF ARTICLES - HANDLING BULLYING ISSUES:
WHAT YOU NEED TO KNOW ABOUT BULLYING
When children are being bullied, parents often feel ill-prepared and at a loss as to how they can assist. This situation can also stir memories from their own childhood that may be painful. If a child is being a bully, parents may also not know how to respond. This article will provide a greater understanding of each actor in the drama and what you can do to help your children.

What Parents Can Do if Their Child is... One of the Main Characters:

Suicide Is Preventable - Reach out and save a life.

U.S. DEPARTMENT OF AGRICULTURE
WIC BREASTFEEDING SUPPORT
LEARN TOGETHER. GROW TOGETHER.

WEBER HUMAN SERVICES
801-625-3700 (Daytime Number and 24 Hour Crisis Line)
237 26th Street Ogden, UT 84401 contact@weberhs.org

Today's UK Colors
OQ Kiosk
Employee Login
Request For Proposal
Proof of Income Details



NIH National Institute of Mental Health
Transforming the understanding and treatment of mental illnesses.

Home > Health Information > Health Topics

Autism Spectrum Disorder

Overview

Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behavior. Although autism can be diagnosed at any age, it is said to be a "developmental disorder" because symptoms generally appear in the first two years of life. Although autism can be diagnosed at any age, it is said to be a "developmental disorder" because symptoms generally appear in the first two years of life.

Utah Kids Club
utahkidsclub.com

Utah Kids Club logo with balloons and a child's face.

Guess who made a difference in 2017 for Weber

IF YOU STUTTER YOU ARE NOT ALONE

CONFERENCE PRESENTERS



Holly Menino - Emcee

Holly joined the KUTV 2 News team in October of 2012. She currently co-anchors the news weekdays on 2NEWS This Morning from 4:30 a.m. to 8:00 a.m. Holly grew up in Waitsburg, Washington and majored in Communication with an emphasis in Broadcast News at the Edward R. Murrow College at Washington State University. After college Holly worked for seven years in Western Oregon at KEZI 9 TV as bureau chief for the Roseburg Newsroom, weekend anchor, and anchor for KEZI 9 News This Morning and managed several station franchises. Her investigative reporting has landed her numerous exclusives, one of which earned her first place for general and investigative reporting in the 2011 Society of Professional Journalists (SPJ) Northwest Excellence in Journalism Contest. Holly and her husband, Joel, are the proud parents of two beautiful children. If Holly's not in the newsroom or playing with her kids, you will probably find her volunteering. She's a dedicated member of her community.



JENNY OAKS BAKER & FAMILY FOUR

Jenny Oaks Baker is a Grammy Nominated, Billboard No. 1 performer and recording artist with degrees from the Juilliard School and the Curtis Institute of Music. She has performed in many of the prestigious halls in America. She has released fourteen albums which have sold almost a million copies.

Jenny Oaks Baker & Family Four have performed throughout the United States and at numerous prestigious events. Last year they performed in Vienna, Austria, throughout Japan and Taiwan. The "Family Four includes Laura (17) playing the violin and percussion, Hannah (15) on the piano, Sarah (13) the cello and Matthew (11) plays classical and electric guitar. They have been performing as a family since the children started playing their instruments when they were three or four. Dad-Matt Baker, who is also musical, acts as their technician and cheerleader when he's not working as a Sales Executive.



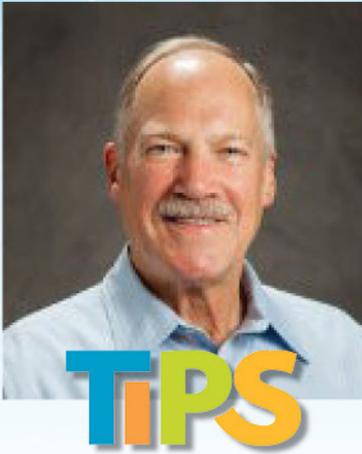
Dr. Matt Townsend

A Parent's Guide to Raising Resilient and Independent Children

For more than 2 decades, Dr. Matt Townsend has been educating and energizing audiences with his unique lessons on life, love, and leadership. Known as one of America's top presenters in the field of Human Relations and Development, Matt completed both his bachelor's and master's degrees in the field of communication with an emphasis on conflict resolution. He then earned a second master's degree and a Ph.D. in Human and Organizational Systems. For years Matt has been heard on "The Matt Townsend Show" on Sirius/XM Channel 143, BYU Radio. He can also be seen weekly on KSL Television's Studio 5 with Brooke Walker. The love of his life is his wife Mardi. They raised 6 children and are thoroughly enjoying being grandparents of 3.

TIPS

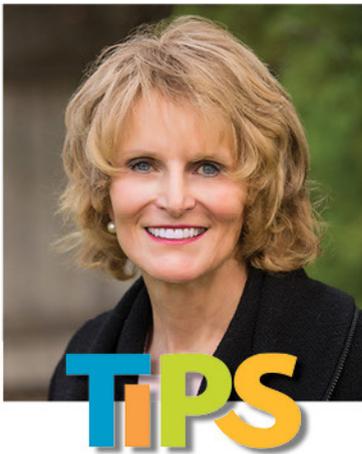
CONFERENCE PRESENTERS



Dr. J. David Hawkins

Five Proven Keys to Raising Healthy, Successful Kids

J. David Hawkins, Ph.D. is the Endowed Professor of Prevention and Founding Director of the Social Development Research Group, School of Social Work, University of Washington. His research focuses on understanding and preventing child and adolescent health and behavior problems while identifying risk and protective factors. He is the principal investigator of the Community Youth Development Study involving 24 communities testing the effectiveness of the Communities that Care Prevention System. He is the author of more than 300 articles and book chapters and has authored several books. He serves on numerous boards and review committees in the field of prevention. In 2014 he was recognized by Governor Gary Herbert for his outstanding contributions to the health and well being of youth.



Debra Washburn

A Tool Box for Teaching Children to Work

Debra Washburn works in both clinical and business settings helping people understand the power of self-management in creating productive joyful lives. She writes and speaks extensively on understanding how to build fulfilling relationships at home and work. In addition she has developed a focus on helping children thrive by learning a strong work ethic that builds self-esteem and prepares them for productive lives. As a former teacher, mother of four and grandmother of ten, she understands how learning to work helps children become self-sufficient problem solvers. As a therapist, she outlines steps parents can take to raise strong resilient children. She did her undergraduate work in Education at BYU and graduate work in Clinical Psychology at Pepperdine University in Los Angeles.



Jeff Griffin

I'Mpossible: Desire. Dream. Do.

Jeff always dreamed of playing sports on the 'big stage'! Then a construction accident left him broken and paralyzed from the waist down. He had a decision to make: he could stay down or get back up and succeed. He chose the latter. As an ordinary man living life from a wheelchair, Jeff has accomplished extraordinary things. He played in the 2004 Paralympic games in Athens Greece and is a silver medalist for the USA men's wheelchair basketball team. Jeff played in the National Wheelchair Basketball Association (NWBA) as a National Champion, and a 4-time All-Star MVP. He was the #1 men's wheelchair tennis player in Utah and won the St. George Marathon. Jeff also has two Guinness Book of World Records and an award-winning book titled I'Mpossible: Desire. Dream. Do. Jeff has a master's degree in curriculum and education and created a worldwide peer-to-peer leadership program recognized at the UN. His dream is to motivate 1 million people to slay their own demons of doubt and fear!



Parenting CONFERENCE OVERVIEW

5:30 pm **DINNER** – Italian Cuisine / Exhibits

6:30 pm **PRESENTERS**

Entertainment Provided by Jenny Oaks Baker & Family Four

Holly Menino

Emcee

First Lady of Utah Jeanette Herbert

Welcome

PARENTING TIPS

Dr. J. David Hawkins *Five Proven Keys to Raising Healthy, Successful Kids*

Jeff Griffin *I'Mpossible: Desire. Dream. Do.*

Debra Washburn *A Tool Box for Teaching Children to Work*

Matt Townsend *A Parent's Guide to Raising Resilient and Independent Children*

8:30 pm **MEET THE PRESENTERS / EXHIBITS**

Utah Valley Convention Center
220 W Center St, Provo | UT 84601



Be the

One

TO HELP PROTECT
CHILDREN FROM ABUSE

THERE'S NO OFF-SEASON FOR PARENTS

SET CLEAR RULES:
NO UNDERAGE
DRINKING.

"You were born with the ability to change someone's life. Don't ever waste it."

- Anonymous



WITH A COMMITMENT FROM YOU...

TOGETHER *we can*
FOREVER CHANGE
THE STIGMA OF FOSTER CARE!

Children and adolescents coming into foster care are often misunderstood and come with a variety of labels.

Therefore, the temporary homes in which they are placed must be proficient in the care and support they provide.

RISE SERVICES OFFERS AN INNOVATIVE APPROACH THAT INCLUDES:

-  CUSTOMIZED METHODS TO MATCH CHILDREN WITH FAMILIES
-  ONGOING EVIDENCE-BASED TRAINING
-  FULL TEAM APPROACH
-  24 HOUR ON-CALL ASSISTANCE
-  COMPETITIVE PAY
-  PAID RESPITE

Keeping foster youth in one home is the key to their success. Supporting everyone in that home is the key to ours.

For information on becoming a specialized TREATMENT FOSTER CARE PARENT:

Call Heather • (801) 676-8900
Email • heatherb@riservicesinc.org



Helping parents help their children succeed.

UFPN.org



Community Involvement Education

Individual Development

"Fortifying Families" Health

Safety

Family Life

Student Leadership

"The tradition of stacking stones came not from building a monument to one's self. It was to build for others—a memorial or a navigational aid. The intent lacked ego; it was just the opposite, an act of service." Michael Gaige



UTAH'S
#1
NEWS
TEAM

SHAUNA LAKE



NEWS
WEEKNIGHTS

5:00PM - 6:00PM - 10:00PM

MARK KOELBEL

FOR A SMART WAY TO SAVE

OPEN A 12-MONTH CD **2.30%** APY*
limited time offer

Zions Bank is for you.

To learn more visit zionsbank.com/cd or your nearest Zions Bank.



ZIONS BANK[®]

*For Certificate of Deposit accounts, the Annual Percent Yield (APY) disclosed at account opening is fixed and will not change until the CD renews. Any withdrawal of interest prior to maturity will reduce earnings. To obtain the advertised APY, one of the following checking accounts is required: Personal: A Gold Checking account, Premium Interest Checking, or Premier Checking. Business: Business Checking, Business Connect Checking, Business Interest Checking, or Commercial Analyzed Checking. A minimum deposit of \$1,000 is required. Offer not available for public funds. Interest is calculated on collected funds only. Penalties assessed for early withdrawal. Fees may reduce earnings. Your CD will renew automatically at maturity for the same term (12 months) and the current published rate at time of renewal. 12-Month CD promotional offer is available beginning September 6, 2018 and is subject to change. Opening deposit funds must come from a source other than a Zions Bank account.
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