

February Meeting



February 11-12, 2026

Marriott Columbus Northwest

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5605 Blazer Parkway, Columbus, OH 43017

REGISTRATION FEES: Subscription Member: \$250 Non-Member: \$300

HOTEL RATE: \$131 per night; includes breakfast and Wi-Fi **available through 1/20/26*

[Hotel Online reservation link](#)

[CLICK HERE TO REGISTER ONLINE](#)

TENTATIVE AGENDA

Tuesday, February 10th

4:00 p.m. to 6:00 p.m. OHSAI Board Meeting

Wednesday, February 11th

8:00 a.m. Registration

9:00 a.m. to 12:00 p.m. Community of Learners

The Community of Learners model is intended to facilitate meaningful and intentional networking, sharing, and learning among and between peers working in a common field.

Data

Cindy Fettes, Ironton-Lawrence County CAO; Ellen Walker, CDC of Franklin County

- Chapter 1 "Storytelling with Data: Let's Practice"

Directors

Kristen Kerr, Community Action of Wayne/Medina; Amy Esser, Mercer County Head Start

- Scott Sigfried – shares the first draft of HSCO Needs Assessment
- Small group discussions by Program Specialist
- Current Events & Monitoring Updates
- Self-Assessment - bring resources to share

Early Head Start

Jeanine Bensman, Council on Rural Services; Angie Kisor-Bridges, Ironton-Lawrence County CAO;
Cristi Jackson, Lancaster-Fairfield Community Action

- Love Yourself: Wellness & self-care for caregivers & home visitors
- Burnout Prevention
- Compassion Fatigue
- *FORT Presentation: Understanding Local Drug Trends and Supporting Families with Young Children*

Education

Michele Delph, CAC of Erie, Huron & Richland Counties; Christine Balusik, Ross County CAC;
Kelly Irwin & Marie Vermeulen, LEADS Head Start

- Music and Movement in the classroom
 - **KinderMusik** will provide a presentation that allows the participants to experience what a classroom music session looks and feels like
 - **Heather Nusbaum** will join the COL to share music and movement techniques for the classroom

Family & Community Partnerships

Nicole Shetterly, Toledo Public Schools; Amy Hawley, Council on Rural Services; Pam Shuck, Akron Summit CAA;
Katie Peters, Child Focus

- Recruitment & Full Enrollment
- Marketing “sales” pitch
- Modeling what to do and what not to do

Fiscal

Stephanie Ristau, Centers for Families & Children

- Fiscal topic discussion pertaining to the new year & submitted questions from COL members

Health/ Mental Health/ Nutrition

Alice Marie Ohlin and Linda Fox, Akron Summit CAA; Brenda Bissett, Coshocton County Head Start;
Angie Stephenson, Mercer County Head Start

- Program updates, Updates on FA 1/FA 2, Follow-Ups on medicals, dentals & vision
- Culture of Safety **presented by Heather Nusbaum**

Human Resources

Carla Rodriguez, Lorain County CAA; Julie Mickley, Knox County Head Start

- **Recognizing Red-Zone Stress: An HR Framework for Preventing Burnout and Safety Risks**
Explore how chronic stress and burnout show up in early childhood and classroom settings, sometimes reaching a point where safety or decision-making may be compromised
Decision-Making in Gray Areas: When Policies Don't Give Clear Answers
Explore common gray-area HR decisions programs are facing right now, where there is no clear policy violation but real operational, equity, or safety concerns

Parents

Theresa Wynn, West Ohio CAP; Holly Unger, OPAN Alumni

- Round Table Discussion

12:00 p.m. to 1:00 p.m.

Networking Luncheon in the Atrium

1:00pm to 1:15pm

Affiliate Elections

1:15pm to 1:30pm

District Elections

1:30 p.m. to 4:30 p.m.

Breakout Sessions / Community of Learners

Disabilities Community of Learners

Alice Marie Ohlin, Community Action Akron-Summit; Cristina Evans, Butler County ESC

- FA1 and FA 2 updates
- Program Updates
- Waivers
- *Lynnette Klejka, Assistant Director - Community Supports and Development at Summit County Board of Developmental Disabilities: Talking with Parents and Helping them Advocate*

Coaching/Professional Development Community of Learners

Marie Vermeulen, LEADS Head Start; Becky Evemy, Miami Valley Child Development Centers;

Juanita Henly, Lucas Co. Family Council

- Coaching with CLASS

ChildPlus Users Group

Cindy Fettes, Ironton-Lawrence County CAO; Ellen Walker, CDC of Franklin County

- Online pre-application & rollover requesting documents
- 3rd year apps

Strengthening Bonds and Creating Connections – Supporting Children and Families Impacted by Parental Incarceration

0.3 CEUs

Kim Kehl and Kelly Paull, Ohio Department of Children and Youth;

Darryl Graves, Ohio Department of Rehabilitation and Correction; Melissa Shaw, LEADS Head Start

Adverse Childhood Experiences (ACEs) are traumatic experiences during childhood, that are known to negatively impact the health and well-being of children into adulthood. Parental incarceration is considered an ACE and puts the child and youth at risk for social, emotional, and psychological challenges. This session will focus on responding to children of incarcerated parents and will highlight a newly developed resources guide to support parents, caregivers and professionals working with and advocating for children of incarcerated parents.

Learning Outcomes

1. *Increase their understanding of ACEs and their impact on children and families*
2. *Identify ways to support children of incarcerated parents or caregivers*
3. *Become familiar with the **Strengthening Bonds and Creating Connections**, a resource guide to provide support to children and youth navigating the effects of having an incarcerated parent or caregiver*

Thursday, February 12th

9:00 a.m. to 12:00 p.m.

Breakout Sessions

Steady in the Storm: Mindful Leadership Through Change

0.3 CEUs

Katy Oberle

This interactive 3-hour workshop supports Head Start leaders navigating uncertainty, instability, and systemic change by strengthening inner leadership, equanimity, and values-aligned action. Through mindfulness practices, reflection, experiential activities, and small-group dialogue, participants will explore how regulating their own nervous systems helps them lead more wisely under pressure. Leaders will identify their core values and engage in a hands-on 'EnVisioning My Values' collage to translate insight into practical leadership behaviors. The session supports leaders in feeling grounded, resourced, and equipped with sustainable mindfulness-based practices they can carry back into their work and communities.

Learning Outcomes:

1. Apply mindfulness-based self-regulation strategies to manage stress responses and maintain clarity during periods of sustained uncertainty
2. Describe how leaders can positively influence team culture and emotional climate
3. Identify and articulate 2–3 core leadership values and explain how these values can guide decision-making and communication when external conditions are unpredictable

Prescriptions for Preventing Power Struggles

0.3 CEUs/APPROVED for 2.5 OA hours

Colleen Wallace and Katy Carpenter, Nationwide Children's Hospital

In this training, participants will learn the definition of power struggles and the many practices that they can utilize to prevent power struggles. They will examine their own backgrounds so that they can understand how their own thinking might make them more susceptible to being in a power struggle. Participants will understand that power struggles are an attempt by a child to meet a need and that all behavior is a form of communication. Participants are introduced to two methods for dealing with power struggles. We also talk about the importance of forgiving yourself when you make mistakes or if you happen to get pulled into a power struggle.

Learning Outcomes:

1. Recognize thinking that might lead to power struggles & understand that it is an attempt for a child to meet a need
2. Recognize classroom practices that are likely to reduce power struggles and identify at least two methods for dealing with power struggles
3. Recognize that healing is important in the resolution of power struggles

Practice Based Coaching – RePATHing

0.3 CEUs/SUBMITTED for 3.0 OA hours

Heather Nusbaum

Does your Practice Based Coaching model support the preparation, personnel, and processes to provide effective implementation? In this session participants will **refocus** on determining effective programmatic supports for coaching implementation as it is integrated into the PD plan and how it will support achievement of school readiness goals. Participants will also connect with National Center on Early Childhood Development Teaching and Learning resources to support continuous improvement and evaluation of model implementation. If you are supervising or supporting the continuous improvement of systemic professional development inclusive of coaching implementation this session is for you.

Learning Outcomes:

1. Recognize HSPPS specific to coaching and review programmatic supports and tools for effective practices
2. Analyze and evaluate PBC component implementation (RePATH) and plan next steps

Supporting Healthy Nutrition in Head Start

0.3 CEUs

Marge Robison, MPH, RD, LD and Maureen Pisanick, RD, LD, Pisanick Partners

Head Start programs prioritize child nutrition by providing healthy meals, promoting good eating habits and supporting families in establishing nutritious diets for their children. This session is designed to support each of those areas.

Setting the Table for Success - Tips for Positive Mealtimes and Encouraging New Foods in Head Start Classrooms

Learn how you can foster and support healthy and responsive eating habits.

CACFP Jeopardy and Q&A

Test your knowledge of CACFP, and get your program questions answered, while having fun with a game of Jeopardy.

Out of the Box

Learn about Lorain County Head Start's fun and effective parent engagement activity that combines cooking and nutrition education. Learn how to implement such an activity into your program and participate in a mini, hands-on example.

Learning Outcomes:

1. Identify strategies to support positive mealtimes
2. Increase understanding of CACFP guidelines
3. Identify strategies to engage parents in supporting healthy nutrition

12:00 p.m. to 2:30 p.m.

Lunch and General Session



Katy Oberle, MS, IMFT, is a marriage and family therapist turned mindfulness coach and facilitator. She helps individuals and organizations cultivate resilience, connection, and joy, and supports the growth of mindful cultures—where presence, empathy, and creativity help people thrive. She is Co-Founder of The Be Sanctuary, a wellbeing and healing arts collective in central Ohio.

Presence and Purpose in Uncertain Times

In this time of uncertainty, learning how to mindfully navigate change is essential. Through practical mindfulness tools and foundational leadership mindsets, we'll explore how to respond to disruption with clarity, steadiness, and intention—rather than reactivity. Attendees will leave with actionable practices to support resilience, connection, and a renewed sense of agency for themselves, their colleagues, and the families they serve.



OHSAI Updates and Induction of 2026 OHSAI Board

Julie Stone, Executive Director

OHSAl Professional Development

For more information about CEUs and OHSAl's Professional Development policies and practices, visit www.ohsai.org/professional-development-information/



These sessions are approved for IACET CEUs.
IACET CEUs may count toward Ohio Approved credit.



Sessions submitted or approved for Ohio Approved hours will require participants OPIN # to be requested and your participation will be recorded in the Ohio Professional Registry after the session is completed.